

# life

IN ROCKVILLE

**Spring 2018**  
Recreation and Parks  
Activity Guide



**Tots/Preschool  
Children**

**Groydon Creek Nature Center**  
**Teens • Adults • Adults 60+**  
**Aquatics • Cultural Arts**

# 2018 Spring Calendar of Events

## March

- 9 Pajama Jam Family Movie Night:** 7:30-9 p.m. Twinbrook CC. Free. Page 16
- 11 Rockville Concert Band:** 3 p.m. "Medieval Times." F. Scott Fitzgerald Theatre. Free. Page 51
- 13 Wine and Film Series:** 6:30 p.m. "Fifi Howls from Happiness." Glenview Mansion. Free. Page 52
- 17, 18 Rockville Civic Ballet:** "Sleeping Beauty" Saturday, 7:30 p.m., Sunday, 2 p.m., F. Scott Fitzgerald Theatre. Admission fees. Page 51
- 25 Art Gallery Opening Reception:** 1:30-3:30 p.m., Glenview Mansion. Free. Page 49

## April

- 15 Rockville Concert Band:** 3 p.m. Music for All Ages: "The Wonderful World of Disney." F. Scott Fitzgerald Theatre. Free. Page 51
- 21 Community Spring Yard Sale and Bazaar:** 8 a.m.-noon, Richard Montgomery High School. Page 16
- 21 Superhero Party:** 2-4 p.m., Thomas Farm Community Center. \$12R/\$14NR. Page 16
- 22 First Annual Mad Hatter's Tea Party Brunch:** 11 a.m.-1:30 p.m., Glenview Mansion. \$20 per person. Page 52
- 28 16<sup>th</sup> Annual Spring Festival and Native Plant Sale:** 10 a.m.-2 p.m., Croydon Creek Nature Center. Free. Page 17

## May

- 5 Rockville Seniors Inc. Indoor Spring Yard and Craft Sale:** 9 a.m.-2 p.m., Rockville Senior Center. Free. Page 37
- 6 Rockville Art League Juried Members' Show Opening Reception:** 1:30-3:30 p.m., Glenview Art Gallery. Free. Page 49
- 6 Sunday Afternoon Concert Series:** The Rockville Singers, 2 p.m., Glenview Mansion, Free. Page 50
- 11 Yoga in Our City:** 12-12:45 p.m. Rockville Town Square. Free. Page 28
- 11 Rockville Recreation and Parks Foundation Golf Classic:** Redgate Golf Course. Page 13
- 12 Royal Tea Party:** 2-4 p.m. Thomas Farm CC. \$12R/\$14NR. Page 16
- 12 Twinbrook Community Day Open House:** 1-3 p.m. Twinbrook CC, Free. Page 16
- 12 Green Your Backyard Seminar:** 10-11:30 a.m. Croydon Creek Nature Center. Free. Page 19
- 19 National Kids to Parks Day:** 9 a.m-5 p.m. Hayes Forest Preserve Croydon Creek Nature Center. Free. Page 19
- 24 Public Works Equipment Show:** 11a.m.-4:30 p.m. Rockville Swim and Fitness Center. Free.
- 26-28 Hometown Holidays and Memorial Day Parade**



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**CHILDREN .....9-16**

**CROYDON CREEK NATURE CENTER.....17-19**

**TEENS .....20-22**

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**ADULTS 60+ .....36-39**

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### Stay Informed

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
 Email: [registration@rockvillemd.gov](mailto:registration@rockvillemd.gov)  
 240-314-8620



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

### Rate Key:

Prices are listed as  
 Resident (R), Nonresident (NR)



*Connect  
 Create  
 Celebrate*

We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. **Welcome to Rockville Recreation and Parks.**

### Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.



## Time for Toddlers

### Monday Morning Moms

**Mondays, 10 a.m.-noon**

Parents and preschoolers enjoy play equipment in the gym.

**Twinbrook Community Recreation Center**

**240-314-8830**

### Tiny Tots Drop-In

**Tuesdays, 10 a.m.-noon**

Parents and preschoolers enjoy play equipment in the gym.

**Thomas Farm Community Center**

**240-314-8840**

### Toddler Time

**Wednesdays, 10 a.m.-noon**

Parents and preschoolers enjoy play equipment in the gym.

**Lincoln Park Community Center**

**240-314-8780**

### Little Acorns

Nature-based activities.

**Select Thursdays**

**10-11 a.m.**

*(Pre-registration required.)*

**Croydon Creek Nature Center**

**240-314-8770**





**Note to parents:** Classes with low enrollment may be canceled 7-10 days prior to first class. Register early to avoid cancellations.  
**For holidays and no class dates, see [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration). Enter course number to view course details.**

## Arts, Dance, and Enrichment

### **New!** Teeny Tiny Chefs

Even the youngest kids love to create in the kitchen. In this specially designed program, we connect cooking concepts and recipes with themes and characters drawn from selected children's books, and add songs, motion and movement to keep our tiniest chefs engaged. Picky eater Lola from "I Will Never Not Ever Eat a Tomato" will help us make morning glory muffins. Kids learn the chicken dance while waiting for our cheese strata to bake and sing "On Top of Spaghetti" while making pasta primavera. Each day introduces the students to fun kitchen science experiments that teach them how science and food go hand-in-hand.

Age: 3-5  
 3975 M 4/9-5/14 11-11:50 AM \$165/\$175  
 Thomas Farm CC/Tiny Chefs Staff

### **New!** Abrakadoodle My First Art! (Adult/Child)

The "My First Art" series introduces new art experiences to our Twoosy Doodlers. The focus is on exploration! This special series of "My Firsts" includes collage, 3D art, handprinting, beginning paper cutting and musical art. The activities are designed to provide opportunities for the Twoosys to touch, feel, hear, see and explore while building fine-motor skills, language, creativity and cognitive skills. Note: \$24 material fee due to instructor at first class.

Age: 20 mo-3.5 yrs  
 4191 Th 4/12-6/7 10-10:45 AM \$96/\$110  
 Thomas Farm CC/Abrakadoodle Staff



### Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4  
 3845 Sa 4/7-5/19 10-10:45 AM \$69/\$79  
 3847 Sa 4/7-5/19 11-11:45 AM \$69/\$79  
 Twinbrook CRC/Tennant

Age: 3-4  
 3844 Sa 4/14-5/19 10:45-11:15 AM \$45/\$50  
 4891 Sa 4/14-5/19 11:15-11:45 AM \$45/\$50  
 Thomas Farm CC/Simpson

Age: 3-5  
 3929 W 4/18-5/30 10-10:45 AM \$69/\$79  
 3965 W 4/18-5/30 11-11:45 AM \$69/\$79  
 Rockcrest Ballet Center/Tennant

Age: 4-5  
 3846 Sa 4/14-5/19 10-10:45 AM \$49/\$55  
 Thomas Farm CC/Simpson

### Little Fingers Piano (Adult/Child)

Instill a love of music in a fun, and relaxing environment. Students are introduced to the piano, musical symbols and play songs through group learning experiences. Program includes free instrument rental, and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 2-5  
 4053 Sa 4/14-5/19 9:15-9:45 AM \$120/\$130  
 4054 Sa 4/14-5/19 10:15-10:45 AM \$120/\$130  
 Twinbrook CRC Annex/Learn Now Music Staff

### Little Stars!

Let your child shine while exploring their creativity and imagination. Activities include music, movement, story time, acting, games and art. Each class students will take home a mini art project that relates to the weekly theme. Note: \$20 materials fee due to the instructor at the first class.

Age: 2-4  
 4192 F 4/13-5/18 10:30-11:15 AM \$120/\$130  
 Twinbrook CRC Annex/CARE Actor Staff



## Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). The fee for siblings 10 months and older is \$120 for the 10-week class and \$114 for a nine-week class. Adult participation required.

Age: 1 mo-5 yr

9 weeks

4057 M 4/9-6/11 10-10:45 AM \$185/\$205

4058 M 4/9-6/11 11-11:45 AM \$185/\$205

Kicks Karate/Winkler

10 weeks

4059 W 4/11-6/13 9:30-10:15 AM \$198/\$220

4060 W 4/11-6/13 10:30-11:15 AM \$198/\$220

Thomas Farm CC/Liddle

## Child Care

### Summer at Montrose

Preschoolers learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on the social and academic skills necessary for kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted and additional financial support is available. Children must be 3 years old and toilet-trained to start. Call 240-314-8631 for additional information or to schedule a tour. Spaces are limited. Program not held on 7/4.

Age: 3-5

4861 M-F 6/4-6/15 8 AM-6 PM \$419/\$469

4862 M-F 6/18-6/29 8 AM-6 PM \$419/\$469

4863 M-F 7/2-7/13 8 AM-6 PM \$379/\$425

4864 M-F 7/16-7/27 8 AM-6 PM \$419/\$469

4865 M-F 7/30-8/10 8 AM-6 PM \$419/\$469

4866 M-F 8/13-8/24 8 AM-6 PM \$419/\$469

Montrose CC & Pk.

## Fitness

### Funfit Tots (Adult/Child)

Enjoy active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills and socialization, and reinforce cognitive learning. Children must be walking.

Age: 1-4

4106 F 4/13-6/1 10-10:45 AM \$99/\$109

Thomas Farm CC/Funfit Staff

## Open House Montrose Discovery Preschool

451 Congressional Lane

**Thursday, April 19**

**4-6 p.m.**

*Bring your child for a tour of our wonderful preschool.*

Meet our experienced teachers and have all of your questions answered in person!

Registration forms will be available.

For more information call 240-314-8631.

## Martial Arts

### Kicks Karate - Little Ninjas

A fun-filled class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes, training mats and a professional environment ensures your child has a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Class schedules are flexible and make-ups are available as needed.

Age: 3.5-6 yr

4049 M, W 4/9-5/9 (M) 5:30-6:05 PM \$129/\$139

(W) 6:05-6:40 PM

4050 Tu, Th 4/10-5/10 (Tu) 4:45-5:20 PM \$129/\$139

(Th) 5:20-5:55 PM

4022 Sa 4/14-5/12 9:30-10:05 AM \$65/\$75

Kicks Karate/Staff

## Sports - Instructional

### Basketball Skills Junior

Learn the sport of basketball in fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 4-5

4027 Sa 4/14-6/9 10-10:45 AM \$79/\$89

Thomas Farm CC/Rose



## Coach Doug Soccer

Kick off your child's soccer experience the Coach Doug way. Learn fundamental soccer skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self-confidence. No adult participation required.

Age: 3-6  
4875 Su 4/15-6/10 11- 11:45 AM \$89/\$99  
Twinbrook CRC/Wilson

## Coach Doug Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5  
4039 Su 4/15-6/10 10:15-11 AM \$89/\$99  
Twinbrook CRC/Wilson

## Little Tennis Aces (Adult/Child)

Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age-appropriate activities are used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5  
4179 Sa 4/14-5/19 3-3:45 PM \$89/\$99  
Thomas Farm CC/Z. Yargici  
4176 Su 4/15-5/20 9-9:45 AM \$89/\$99  
King Farm CC/Z. Yargici

## Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages are introduced based on skill level of participants.

Age: 4-5  
4270 F 4/13-5/18 4:30-5:15 PM \$75/\$85  
Thomas Farm CC Field/Laragaibort

Age: 3-4  
4272 Sa 4/14-5/19 9-9:45 AM \$75/\$85

Age: 4-5  
4271 Sa 4/14-5/19 10-10:45 AM \$75/\$85  
King Farm Park/Phillip

## T-Ball Skills - Beginner

Experience what it's like to be on a team through game-like play! Coaches introduce fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are emphasized. Bring a mitt to class.

Age: 4-6  
4028 Tu 4/10-5/15 5-5:45 PM \$79/\$89  
4030 Sa 4/14-5/19 10-10:45 AM \$79/\$89  
King Farm Park/Meyers

## Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the basics of basketball, like dribbling, catching, and passing. Toddler-sized basketballs are used for this class. Bring water and wear tennis shoes.

Age: 4-6  
4887 Th 4/19-5/24 5:30-6:15 PM \$60/\$70  
Lincoln Park CC/Dawkins

## Tumble Tykes

Have fun and build self-confidence in this introductory level class. Help your child learn basic tumbles and exercises that improve large motor skills, balance, coordination and physical awareness. Wear comfortable tight-fitting clothing.

Age: 2-3  
4033 Tu 4/10-5/15 10:30-11:15 AM \$105/\$115  
Xtreme Acro and Cheer/Staff

## UK Elite - Petite Soccer

UK Elite's Petite soccer program is the perfect introduction to the world's most popular sport! Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

Age: 2-3 (Adult/Child)  
This program is a fun guide to soccer utilizing maximum activity and participation and highly stimulating fantasy games. Adult participation is required.

4043 W 4/11-5/16 4:30-5:15 PM \$105/\$119

Age: 3-5  
The focus is creating a fun learning environment in which children develop basic ball manipulation skills using their feet.

4046 W 4/11-5/16 5:15-6 PM \$105/\$119  
Woodley Gardens Park/UK Elite Staff

**Worried about the weather?**  
Call the Rec Line at 240-314-5023.  
Select #1 for class status.





# It's Party Time!

## Theme Parties

### Croydon Creek Nature Center

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek) • 240-314-8770

## Gymnasiums

### Lincoln Park Community Center

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc) • 240-314-8780

### Thomas Farm Community Center

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm) • 240-314-8840

### Twinbrook Community Recreation Center

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook) • 240-314-8830

## Outdoor Rentals

### Lincoln Park Community Center (Isreal Park)

**April 15-Oct. 15**

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc) • 240-314-8780

### Thomas Farm Community Center

**April 15-Oct. 15**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm) • 240-314-8840

### Rockville Park Picnic Areas

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities) • 240-314-8660

## Multi-Purpose Rooms

### Croydon Creek Nature Center

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)  
240-314-8770

### Elwood Smith Recreation Center

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
240-314-8660

### Lincoln Park Community Center

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc)  
240-314-8780

### Pump House Community Center

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
240-314-8660

### Rockville Senior Center

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
240-314-8800

### Rockville Swim and Fitness Center

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
240-314-8750

### Thomas Farm Community Center

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)  
240-314-8840

### Twinbrook Community Recreation Center

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook)  
240-314-8830





**Note to parents:** We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment may be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration). Enter course number to view course details.**

## Arts, Dance and Enrichment

### LNM Group Piano Experience

Budding musicians participate in piano instruction and theory as well as musical games, musical listening excerpts, and related projects. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 5-12

4896 Sa 4/14-5/19 11 AM-12 PM \$169/\$179  
Twinbrook CRC Annex

*The children's ballet program for the winter/spring session is full. Participants may register for the Annual Student Ballet Performance.*



## DANCE IN THE Annual Student Performance

Children, teens and beginner adults registered for ballet classes are eligible to participate in the Annual Student Performance. Pre-Ballet registrants not included. Fee includes one costume and admission for family and friends.

2668 Sat 6/2 12 PM \$50  
F. Scott Fitzgerald Theatre

## Before and After School Enrichment

### Early Birds

This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall and Twinbrook elementaries. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

Grade: K-5

3745	M-F	4/3-5/11	7-9:30 AM	\$120/\$130
3746	M-F	5/14-6/12	7-9:30 AM	\$120/\$130

Twinbrook CRC

### Afterschool Adventure

This program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided from Meadow Hall Elementary School and Twinbrook Elementary School. Program operates when school is in session and does meet on early release days.

Grade: K-5

3743	M-F	4/3-5/11	3:30-6:30 PM	\$150/\$170
3744	M-F	5/14-6/12	3:30-6:30 PM	\$150/\$170

Twinbrook CRC Annex

### Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club meets on MCPS early release days but is not held on non-school days. Come Join the fun!

Grade: K-5

3595	M-F	2/19-3/30	3:40-6:30 PM	\$155/\$175
3596	M-F	4/3-5/11	3:40-6:30 PM	\$155/\$175
3598	M-F	5/14-6/12	3:40-6:30 PM	\$155/\$175

Twinbrook Elementary School



## Clubhouse

Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, crafts and games are scheduled daily. Clubhouse is not held on MCPS non-school days but is open on half-days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick-ups. Van transportation is provided from Maryvale Elementary School. All other local school students are transported by MCPS request.

Grade: K-5

### Session VI

3678 M-F 4/3-5/11 3:30-6:30 PM \$115/\$135

### Session VII

3679 M-F 5/14-6/12 3:30-6:30 PM \$115/\$135  
Lincoln Park CC

## School Break Programs

### Spring Break Mini Camp

Children in Kindergarten through fifth grade will enjoy supervised programs and participate in crafts, organized games, sports and adventure. Mini-Camp also includes a visit from the Croydon Creek Nature Center. Programs may vary slightly by location. Participants should bring a lunch each day and wear comfortable clothes and sneakers.

Grade: K-5

4893 M-Th 3/26-3/29 9 AM-3 PM \$170/\$190  
Lincoln Park CC

4886 M-Th 3/26-3/29 9 AM-3 PM \$170/\$190  
Thomas Farm CC

4868 M-Th 3/26-3/29 8:30 AM-5:30 PM \$200/\$220  
Twinbrook Community Rec. Center Annex

### New! Action Hero Camp

Have you ever wanted to be a hero like in the movies? This camp is for you! Campers train in martial arts, basic gymnastics, conquer obstacle courses, practice emergency drills, make their own superhero comic strips, play hero-themed games, practice detective skills and learn basic first-aid skills. Friends and family are invited for a short presentation on the last day of camp.

Grade: K-5

4359 M-Th 3/26-3/29 8:30 AM-3:30 PM \$275/\$295  
Ritchie Park Elementary/Zen Budo Karate



## Martial Arts

### Fencing – Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

4181 Th 4/19-6/7 6:15-7:15 PM \$128/\$140

4183 Sa 4/21-6/16 11 AM-12 PM \$128/\$140

Age: 10-13

4182 Th 4/19-6/7 7:20-8:40 PM \$128/\$140

4184 Sa 4/21-6/16 12:20-1:40 PM \$128/\$140

Rockville Fencing Academy/Staff

### Kicks Karate

A fun-filled class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes, training mats and a professional environment ensures your child has a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Class schedules are flexible and make-ups are available as needed.

Age: 7-12

4051 Tu, Th 4/10-5/10 (Tu) 5:55-6:40 PM \$129/\$139  
(Th) 7:25-8:10 PM

4052 W, F 4/11-5/11 (W) 6:40-7:25 PM \$129/\$139  
(F) 5:10-5:55 PM

4023 Sa 4/14-5/12 12:15-1 PM \$65/\$75  
Kicks Karate/Staff

### Taekwondo for Kids

Martial arts and fun activities that help your child learn self-defense, and improve their confidence and self-discipline. Class covers basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified fifth-degree black belt.

Age: 7-11

4448 Su 4/29-6/10 1-2 PM \$60/\$70

Rockville Swim and Fitness Center/Fookes





## Taekwondo for Kids – Intermediate

For students that have already taken Taekwondo for Kids, work on more advanced techniques. Covers kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified fifth-degree black belt. Students have the opportunity for a belt promotion at the end of the course. Please note: a taekwondo uniform is required for this class. Participants can wear their own or purchase one on the first day of class for \$30.

Age: 8-13  
4453 Su 4/29-6/10 2:15-3:15 PM \$60/\$70  
Rockville Swim and Fitness Center/Fookes

## Sports - Instructional

### Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 11-13  
4035 Th 4/12-5/31 4:15-5:05 PM \$85/\$95

Age: 8-11  
4036 Th 4/12-5/31 5:15-6:05 PM \$85/\$95

Age: 13+  
4037 Th 4/12-5/31 6:15-7:05 PM \$85/\$95  
Thomas Farm CC/Jordan

## Basketball Skills Junior - Little Big Shots

Learn the sport of basketball in fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 6-8  
4026 Sa 4/14-6/9 11-11:45 AM \$79/\$89  
Thomas Farm CC/Rose

## Lacrosse for Girls

Beginner to intermediate skills and offensive/defensive strategies are taught. Participants are divided into groups based on age and skill level. Bring a women's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (two or more) and \$10 off for each member of a team (five or more). To receive a discount, register by mail, fax or walk-in.

Grade: K-4  
4055 Su 4/22-5/13 12-1:30 PM \$80/\$90

Grade: 5-8  
4056 Su 4/22-5/13 12-1:30 PM \$80/\$90  
Welsh Park/McCormick

## Parkour Gymnastics

Roll, jump, climb and flip just like a ninja warrior. Use balance, agility and vaulting skills to master various obstacle courses as you are introduced to elements of parkour. Safe and proper gymnastic techniques are emphasized. No previous experience necessary.

Age: 7-10  
4032 M 4/9-5/14 5-6 PM \$89/\$99  
Xtreme Acro and Cheer/Staff

## REDGATE JUNIOR GOLF CAMP

SPRING BREAK AND ALL SUMMER LONG!

REGISTER TODAY

Register at [redgategolf.com/academy](http://redgategolf.com/academy)





MANAGED BY  
BILLY CASPER GOLF



## OFFICIALS NEEDED!

**Youth and Adult Leagues  
Weekday Evenings and Weekends**



**Youth Soccer, Adult Softball,  
Adult Basketball and Soccer**

For more information, call 240-314-8620 or  
email us at [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)

### Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages are introduced based on skill level of participants.

Age: 5-7  
4273 F 4/13-5/18 5:15-6 PM \$75/\$85  
Thomas Farm CC Field/Laragaibort

4269 Sa 4/14-5/19 11-11:50 AM \$75/\$85  
King Farm Park/Phillip

Age: 7-9  
4273 F 4/13-5/18 6-6:50 PM \$75/\$85  
Thomas Farm CC Field/Laragaibort

### T-Ball Skills - Beginner Plus

Coaches expand on the fundamentals of baseball through fun, skill-building activities. Throwing, catching and batting are emphasized. Game-like situations are introduced as skill levels advance. Bring a mitt to class.

Age: 6-8  
4029 Tu 4/10-5/15 6-6:50 PM \$79/\$89  
4031 Sa 4/14-5/19 11-11:50 AM \$79/\$89  
King Farm Park/Meyers



## Summer Camps

### We've Got Your Summer Covered!

**Camps • Playgrounds • Teen Activities**  
**Open to all metro area families**

**Camps:** Register for our popular Summer Blast, affordable all-day camp care, now at four locations. Enjoy specialty camps, including cooking, soccer, baseball, nature, skateboarding, Mad Science, Robotics, LEGO, and more. Offered June 18-Aug. 31.

**Playgrounds:** Sports, games, crafts, and other supervised recreation activities. Offered June 25-Aug. 2, 9:30 a.m.-3:30 p.m. in neighborhood locations throughout Rockville.

**Teens:** Future Leaders Camp, Leaders In Training volunteer opportunity, and Teens on the Go.

*Pick up your guide at City Hall, Rockville recreation centers or  
the Rockville or Twinbrook libraries.*

View Our summer programs at [www.rockvillemd.gov/camps](http://www.rockvillemd.gov/camps). Register now.

# REGISTER NOW

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
**240-314-8620**





## YOUTH SPRING SPORTS

**Leagues Now Forming • Space is Limited**

### Co-Ed T-ball

Age: 4-6 #3691

### Co-Ed Coach Pitch Baseball

Age: 7-9 #3692

### Co-Ed Soccer

Ankle Bitters Grade: Pre-K #3687

Tiny Kicks Grade: K #3688

Strikers Grade I #3689

Pee Wees Grade: 2-3 #3690

### Co-Ed Track and Field

Bantams Age: 6-8 #3693

Midgets Age: 9-10 #3694

Juniors Age: 11-12 #3695

Intermediates Age: 13-14 #3696  
(or in eighth grade)

### For more information:

Email [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)

**240-314-8620**

### Tennis (Adult/Child)

Want to learn tennis with your child? This class teaches tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; register child only. Adults should bring a racket. All other equipment is provided.

Age: 8-10  
4180 Sa 4/14-5/19 5-5:50 PM \$89/\$99  
Thomas Farm Park/Z. Yargici

Age: 6-10  
4173 Su 4/15-5/20 10-10:50 AM \$89/\$99  
King Farm Park/Z. Yargici

### Tennis - 10 and Under

Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided.

Age: 5-6  
4158 Sa 4/14-5/19 9-9:50 AM \$75/\$85  
King Farm Park/M. Yargici

Age: 6-7  
4128 Sa 4/14-5/19 4-4:50 PM \$75/\$85  
Thomas Farm CC/Z. Yargici

Age: 7-8  
4162 Sa 4/14-5/19 10-10:50 AM \$75/\$85  
King Farm Park/M. Yargici

Age: 5-7  
4163 Sa 4/14-5/19 3-3:50 PM \$75/\$85  
Woodley Gardens Park/Palmer

Age: 7-9  
4169 Sa 4/14-5/19 4-4:50 PM \$75/\$85  
Woodley Gardens Park/Palmer

Age: 6-7  
4159 Th 4/19-5/24 5-5:50 PM \$75/\$85  
Montrose CC & Park/Z. Yargici

Age: 8-10  
4160 Th 4/19-5/24 6-6:50 PM \$75/\$85  
Montrose CC & Park/Z. Yargici

### Tennis Skills and Drills

Develop and improve fundamental skills including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Bring a racket and water bottle.

Age: 9-11  
4161 Sa 4/14-5/19 11-11:50 AM \$75/\$85

Age: 12-15  
4171 Sa 4/14-5/19 12-1:10 PM \$79/\$89  
King Farm Park/M. Yargici

**Worried about the weather?**

Call the Sports Line at  
**240-314-5055.**



## Tumbling and Tramp

Students learn a variety of tumbling skills from forward rolls to back handsprings, and progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops, straddle and tuck jumps, will also be taught.

Age: 4-6  
4024 F 4/13-5/18 5-6 PM \$89/\$99

Age: 7-12  
4025 F 4/13-5/18 6:15-7:15 PM \$89/\$99  
Xtreme Acro and Cheer/Staff

## UK Elite Soccer - Technical

Focusing on the individual, this class teaches techniques and skills. A typical hour includes games, structured practices and scrimmages. Our professional coaches ensure players improve their game and have a memorable experience. Shin guards are required, cleats are recommended.

Age: 6-8  
4041 W 4/18-5/23 6-7 PM \$105/\$119  
Woodley Gardens Park/UK Elite Staff

## Help Rockville Youth Become a



- Work with elementary school students.
- One-on-one mentoring, one hour before or after school once a week, October-May.
- Training and support provided.
- Meet in a supervised group setting.

**No special skills needed. Just a willingness to listen, offer guidance, friendship and encouragement.**

Service learning credits available for high school students over age 16.

Learn more about the Rockville Mentoring Program by calling Kate Bouwkamp at 240-314-8317 or email: [kbouwkamp@rockvillemd.gov](mailto:kbouwkamp@rockvillemd.gov)

## Fitness

### Kids Zone

Get moving and meet new friends in this action-packed class. Enjoy fun active group games, exercise stations, and other cooperative activities. Burn off endless amounts of energy and improve strength, stamina, and coordination. Wear comfortable clothes and sneakers.

Age: 7-11  
4252 Tu 4/17-6/5 5-5:50 PM \$55/\$65  
Twinbrook CRC/Warner

### Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12  
4713 Sa 4/28-6/16 10:15-11 AM \$86/\$99  
Rockville Swim and Fitness Center

### Zumba Fit – Kids

Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and internationally inspired program, this high-energy/low-impact class has something to offer all fitness levels.

Age: 7-12  
4436 Sa 4/28-6/16 12-12:45 PM \$56/\$65  
Rockville Swim and Fitness Center/Smith

## Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this spring:

- Youth Soccer • T-ball
- Coach Pitch

For more information call 240-314-8620 or email [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)



# Summer Blast Camps

## Rockville's premiere all-day, all summer-long camp!

Have a blast at this all-day, all-summer fun and active camp! Register by the week or stay all summer long. Enjoy the best in camp games, crafts, sports, gym time, outdoor play, theme weeks and much more! Swimming several times every week and special events add to the excitement. Children will be grouped by age. Early morning and late-afternoon activities offered in a supervised, informal setting. Bring a bag lunch, snack and drink. Register for the eight-week option (nine-week option for Twinbrook CRC) and save. Participants must be age 5 by Sept. 1, 2018.



**June 18 - Aug. 24.**

For Ages: 5-11 • 7:30 a.m.-6 p.m.

***Have a blast at this all-day,  
all-summer fun and active camp!***

**Register by the week or stay all summer long.**

### ***Five convenient locations for parents:***

- College Gardens ES
- ~~Lakewood ES~~ (Location changed to Fallsmead ES due to MCPS schedule conflict.)
- Fallsmead ES
- Ritchie Park ES
- Twinbrook Community Recreation Center Annex
- Elwood Smith Recreation Center (*Extended dates*)

**View the camp guide online at [www.rockvillemd.gov/camps](http://www.rockvillemd.gov/camps)**

### **Sample Daily Schedule**

**7:30-9 a.m.:** Check in, greet friends, supervised free play, low-key activities.

**9-9:30 p.m.:** Roll call, warm ups, go over the schedule for the day.

**9:30 a.m.-3:30 p.m.:** Core part of the day, includes games, crafts, outdoor play, sports, lunch, swim time, special events, etc.

**3:30 p.m.:** Break and snack time.

**4-6 p.m.:** Board games, outdoor play, supervised free play, gym time and check out.



## Spring Happenings

### **Pajama Jam Family Movie Night** **Twinbrook Community Recreation Center**

Friday, March 9, 8-9:30 p.m.

Enjoy a night of family fun watching a movie on the big screen. Refreshments sold by Twinbrook Elementary School PTA. Free event.

### **Breakfast with the Bunny!**

#### **Thomas Farm Community Center**

Saturday, March 24, 10:30 a.m.-12:30 p.m.

Enjoy a visit from the Bunny and activities including D's Magic Show, spring crafts, egg hunt and games. Pre-registration required. Fees \$14R/\$16NR per person and includes breakfast and all activities. Course #4855.

### **Community Spring Yard Sale and Bazaar**

#### **Richard Montgomery HS – Parking Lot**

Saturday, April 21, 8 a.m.-noon

Clean out your closets and make some easy money at our annual Spring Yard Sale. Vendors must pre-register with payment to secure a space. Payment holds one parking spot and one 6'x3' table. Set-up time is 7-8am. Held at Richard Montgomery H.S. Only one table permitted per spot, when providing your own table. Table cannot exceed 6'x3'ft. No weapons or food can be sold. Raindate: April 22.

### **Superhero Party**

#### **Thomas Farm Community Center**

Saturday, April 21, 2-4 p.m. Age: 2+

Superheroes can spend a fun afternoon with their adult family member or friend dressed as their favorite heroic character and demonstrate their extraordinary talents. The afternoon includes superhero games, picture taking with real superheroes, refreshments, and more. Special Superhero guests will be city of Rockville police officers. Pre-registration fees \$12R/\$14NR per person. Course #4856.

### **Spring Festival and Native Plant Sale**

#### **Croydon Creek Nature Center**

Saturday, April 28, 10 a.m.-2 p.m.

Help Croydon Creek celebrate 15 years of quality environmental education programs! Enjoy hikes, activities, a live animal show, face painting and food.

### **Twinbrook Community Day Open House**

#### **Twinbrook Community Center**

Saturday, May 12 1-3 p.m.

Celebrate with your neighbors! Fun activities for all ages, children's crafts, games, food and more. Free event.

### **Rockville Seniors Inc. Indoor Yard and Crafts Sale**

#### **Rockville Senior Center**

Saturday, May 5, 9 a.m.-2 p.m.

Bargains galore, vendor spaces available. \$25 for Senior Center members, \$35 for all other vendors. Call 240-314-8800 for a registration form. Free event.

### **Royal Tea Party**

#### **Thomas Farm Community Center**

Saturday, May 12, 2-4 p.m. Age: 2+

Princesses and their royal families are invited to celebrate Mother's Day at our annual royal tea party event. Dress in your fanciest princess attire. Royal games, crafts, a formal tea, entertainment and other royal activities fill the afternoon. Children must come to the party with an adult family member or friend. Pre-registration fees \$12R/\$14NR per person. course #4857.

### **Equipment Show**

#### **Rockville Swim and Fitness Center Outdoor Pool Parking Lot**

Thursday, May 24, 11 a.m.-4:30 p.m.

Celebrate Public Works Week. Free event for kids or Kids at heart! Climb aboard big trucks, enjoy popcorn, great giveaways and more. Free event.





## Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851  
240-314-8770 • [www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.



## Party on the Wild Side at Croydon Creek Nature Center

### Birthday Party Themes

- Classic Party (ages 3+; all year)
- Classic With Craft (ages 3+; all year)
- Feathers and Fur (ages 3+; all year)
- Tracks and Trails (ages 3+; all year)
- Meadow Mayhem (ages 4 +; June-Sept)
- Creek Crawl (ages 7 +; June-Sept)
- Geocaching Adventure (ages 8+; all year)

### Party Planning Details

Birthday parties at Croydon Creek feature a fun-filled hour-long program led by a naturalist and are best suited for children ages 3 and older, with some parties designed for older children. The birthday child receives one Wild Party T-shirt and each party guest receives a special nature craft to take home.

### Scheduling a Party

Choose from the following times:  
Saturdays: 10:30 a.m.-1 p.m. or 2-4:30 p.m., Sundays: 2-4:30 p.m.  
Parties are scheduled year-round. Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability.

### Party Fees

Fee (up to 10 children): \$180/Rockville resident; \$204/non-Rockville resident. Add \$10 for each additional child, up to a maximum of 25 children. A \$50 non-refundable deposit is required to reserve the date. Deposits can be paid using either MasterCard or VISA, check or cash.

Croydon Creek nature parties are designed to educate and entertain with hands-on programs that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience, whether you are interacting with the much-loved reptiles and amphibians who live at the center, exploring the trails on a geocaching adventure, or enjoying a naturalist-led hike in the surrounding woods.

## 16TH ANNUAL Spring Festival and Native Plant Sale

**Saturday, April 28**  
10 a.m.-2 p.m.

*Bring the entire family and  
enjoy the wonders of nature  
in an urban setting*

- Woodland Hikes
- Spring Native Plant Sale
- Nature Games and Crafts
- Live Animal Show
- Face Painting
- Sustainability Exhibits

### FREE EVENT

No registration required

852 Avery Road,  
Rockville, MD 20851  
240-314-8770

[www.rockvillemd.gov/  
croydoncreek](http://www.rockvillemd.gov/croydoncreek)



## Exploring Vernal Pools

Discover what makes a vernal pool and who lives in one. Hike off the beaten path to see the best vernal pools in the Hayes Forest Preserve. Wear good hiking shoes and dress for the weather.

Age: 9-12

4775 Su 4/22 2-4 PM \$9/\$11

## Eyes to the Sky! Astronomy for Adults

Adults, prepare to learn about the night sky from local astronomers! Find out about common constellations and gaze through telescopes to see distant planets. Learn how to read a sky map and explore astronomy apps for your phone. Enjoy light snacks and a campfire. This program is dependent on good weather and clear skies.

Age: 16+

4781 Sa 6/9 9-10 PM \$10/\$12



## CLEAN-UP EVENTS

### Hayes Forest Preserve

#### Trash Free Potomac Creek Clean-up

Saturday, April 14, 9 a.m.-noon

#### Invasive Species Pull

Sunday, May 6, 1:30-4:30 p.m.

- Time working at events is eligible for Student Service Learning hours.
- Students 14 years and younger must be accompanied by an adult.
- Gloves and bags are provided.

#### At Croydon Creek Nature Center

852 Avery Road

No registration required

240-314-8770

## Tree ID Family Hike

Join us for a stroll around the Hayes Forest Preserve and learn about the trees that call our forest home. Learn tips for tree identification and how certain trees are used by both humans and animals.

Age: 3+

4782 Su 6/3 2-3 PM \$3/\$4

## Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

### Signs of Spring

Spring is a very busy time of year in nature! Join us for an afternoon campfire where we will talk about spring happenings and see some nature objects up close, then we will make a special treat on the campfire.

Age: 3+

4763 Su 4/8 3-4 PM \$5/\$6

### Songs of the Season

Birds chirp, frogs croak, insects buzz. Spring brings nature and its noises back to life. Learn about what these noises mean and participate in a nature chorus.

Age: 3+

4764 Sa 5/12 5-6 PM \$5/\$6

## Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time will be spent outdoors; weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended.

Age: 18--3 mos

### All About Eggs

4757 Th 4/5 10-11 AM \$7/\$9

### Nature's Colors

4758 Th 4/19 10-11 AM \$7/\$9

### Little Botanists

4759 Sa 5/5 10-11 AM \$7/\$9

### Birds of a Feather

4760 Th 5/17 10-11 AM \$7/\$9

### A Bug's Life

4761 Sa 6/2 10-11 AM \$7/\$9

### Habitats Everywhere

4762 Th 6/14 10-11 AM \$7/\$9





## Nature Tots (Adult/Child)

Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather. Adult participation required. Spaces are limited.

Age: 2-5

### Animals Head to Toe

4754 Sa 4/21 10-11:30 AM \$8/\$10

### Discovering Life Cycles

4755 Sa 5/19 10-11:30 AM \$8/\$10

### World of Wings

4756 Sa 6/16 10-11:30 AM \$8/\$10

## Outdoor Science Club

Young scientists investigate a variety of science topics through hands-on activities and time spent exploring the forest preserve.

Ages 6-8.

### Spring Wildlife

4765 Su 4/15 1:30-3 PM \$8/\$10

### Wildflowers

4766 Su 5/20 1:30-3 PM \$8/\$10

### Meadow Exploration

4767 Su 6/17 1:30-3 PM \$8/\$10



**Saturday, May 12, 10-11:30 a.m.**

Croydon Creek Nature Center  
12920 Twinbrook Parkway, Rockville

Learn about RainScapes Rewards and other city programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis; registration required. To register, call the RainScapes coordinator at 240-314-8877 or email [rainscapes@rockvillemd.gov](mailto:rainscapes@rockvillemd.gov) with your name and address. Free event.



**Saturday, May 19 • 9 a.m.-5 p.m.**

The National Parks Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate

## KIDS TO PARKS DAY

Spend time outdoors. Enjoy the  
Hayes Forest Preserve.

**240-314-8770**





# Rockville TEENS ON THE GO

## Pick-up/Drop-off Locations

Twinbrook Community Center ...45 minutes before trip time  
Lincoln Park Community Center ...30 minutes before trip time  
Thomas Farm Community Center ...Trips depart from this location

## Departure Time

This fun summer program is for youth entering grades 6-10, held **Monday-Friday, June 25-Aug. 17**. Teens are picked up and dropped off daily, at one of the three locations listed below that they choose, to attend various trips and events.

**NEW!** Exciting trips, week long! **Monday through Friday your child will be out and about on fun, safe and adventurous trips.** One week prior to each trip, an itinerary with details will be emailed to each participant. If you do not receive one, call 240-314-8638/240-314-8652.

**Cost: \$275/\$295 per week. Week of July 3-7, \$220/236. Cost includes entrance fees, MCPS or charter bus transportation and supervision. Trip/schedules are subject to change. All return times are approximate. Payment plans and financial assistance are available.**

Teens on the Go participants can purchase a special combo center pass to use community center services when waiting for trips to leave and on return. This pass does not include the fitness room areas. **This is highly recommended for all who don't currently have a center membership and is only available for Teens on the Go participants.** The cost is \$15 for residents and \$20 for nonresidents (#3795). The pass is only good for June 25-August 17 and can be used at all three community centers.

<b>June 25-June 29 — deadline to register, 6/18</b>					
<b>3774</b>	<b>Go Karts/Swim</b> 9 a.m.-5 p.m.	<b>ClimbZone</b> 10 a.m.-5 p.m.	<b>Rafting</b> 8 a.m.-4 p.m.	<b>Bumper Ball/Water Tag</b> 10 a.m.-5 p.m.	<b>Kings Dominion</b> 9 a.m.-8 p.m.
<b>July 2-6 — deadline to register, 6/25</b>					
<b>3775</b>	<b>Splash Down</b> 10 a.m.-5 p.m.	<b>Medieval Times</b> 10 a.m.-5 p.m.	<b>Holiday</b> 4th of July	<b>Ropes Course/Swim</b> 9 a.m.-5 p.m.	<b>Six Flags</b> 9 a.m.-8 p.m.
<b>July 9-13 — deadline to register, 7/2</b>					
<b>3777</b>	<b>Bowling/Swim</b> 9 a.m.-5 p.m.	<b>Dave &amp; Buster's/Movie</b> 10 a.m.-5 p.m.	<b>Laser Tag/Pottery</b> 10 a.m.-5 p.m.	<b>Aquarium</b> 10 a.m.-5 p.m.	<b>Guppy Gulch Camp</b> 8 a.m.-7 p.m.
<b>July 16-20 — Deadline to register, 7/9</b>					
<b>3778</b>	<b>Go Kart/Pottery</b> 10 a.m.-5 p.m.	<b>IFly/Swim</b> 8:30 a.m.-5 p.m.	<b>Bumper Ball/Water Tag</b> 10 a.m.-5 p.m.	<b>Splashdown</b> 10 a.m.-5 p.m.	<b>Six Flags</b> 9 a.m.-8 p.m.
<b>July 23-27 — Deadline to register, 7/16</b>					
<b>3779</b>	<b>Go Karts/Swim</b> 9 a.m.-5 p.m.	<b>Medieval Times</b> 10 a.m.-5 p.m.	<b>Ropes Course/Water Tag</b> 10 a.m.-5 p.m.	<b>National Zoo</b> 10 a.m.-5 p.m.	<b>Hershey Park</b> 8 a.m.-8 p.m.
<b>July 30-Aug. 3 — Deadline to register, 7/23</b>					
<b>3780</b>	<b>Splash Down</b> 10 a.m.-5 p.m.	<b>National Zoo</b> 10 a.m.-5 p.m.	<b>Nationals Game</b> 10 a.m.-5 p.m.	<b>ZavaZone/Movies</b> 10 a.m.-5 p.m.	<b>Guppy Gulch Camp</b> 8 a.m.-7 p.m.
<b>Aug. 6-10 — Deadline to register, 7/30</b>					
<b>3781</b>	<b>Laser Tag/Swim</b> 9 a.m.-5 p.m.	<b>Mystics Game</b> 10 a.m.-5 p.m.	<b>Dave &amp; Buster's/Fract. Prune</b> 10 a.m.-5 p.m.	<b>Sky Zone/ Swim</b> 10 a.m.-5 p.m.	<b>Kings Dominion</b> 9 a.m.-8 p.m.
<b>Aug. 13-17 — Deadline to register, 8/6</b>					
<b>3782</b>	<b>Splash Down</b> 9 a.m.-5 p.m.	<b>National Zoo</b> 10 a.m.-5 p.m.	<b>Escape Room/Movies</b> 10 a.m.-5 p.m.	<b>ZavaZone/Bowling</b> 10 a.m.-5 p.m.	<b>Hershey Park</b> 8 a.m.-8 p.m.

## Check Out Your Local Centers



### CROYDON CREEK NATURE CENTER

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

Tuesday-Saturday 9 a.m.-5 p.m. • Sunday, 1-5 p.m.



### LINCOLN PARK COMMUNITY CENTER

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc)

Monday-Saturday, 9 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m.



### THOMAS FARM COMMUNITY CENTER

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m. • Sunday, 10 a.m.-6 p.m.



### TWINBROOK COMMUNITY RECREATION CENTER

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook)

Monday-Friday, 6 a.m.-9:30 p.m.

Saturday, 8:30 a.m.-9:30 p.m.

Sunday, 10 a.m.-6 p.m. (April-Oct.)  
and 9 a.m.-8:30 p.m. (Nov.-March)

## Before and After School Enrichment

### Totally Teens

Totally Teens is a safe, healthy afterschool program that promotes positive youth development. Staff guides and supervisor teens in a variety of recreational activities and trips of their choosing. Pre-registration required. Transportation is provided from Julius West Middle School. The program is held on early release days. It is not held on holidays or when MCPS is closed. Light snack is provided.

Grade: 6-8

4874 M-F 4/3-6/12

3:15-6 PM

\$450/\$475

Thomas Farm CC

### Twinbrook Teen Scene

Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on MCPS early release days.

Grade: 5-8

3741 M-F 4/3-5/11

3-6:30 PM

\$120/\$130

3742 M-F 5/14-6/12

3-6:30 PM

\$120/\$130

Twinbrook CRC

## Fitness

### Pilates — Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

4458 Th 4/26-6/14

9:15-10:15 AM

\$88/\$104

4461 Su 4/29-6/17

9:15-10:15 AM

\$77/\$91

Rockville Swim and Fitness Center/Lydecker/McAllister

### Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

4454 M 4/23-6/11

7-8 PM

\$70/\$81

Rockville Swim and Fitness Center/Silverman



## Yoga for Teens

All aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques, and meditation. This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16  
4732 Su 4/29-6/17 10:15-11:15 AM \$89/\$105  
Rockville Swim and Fitness Center/Lydecker

## Martial Arts

### Karate for Teens/Adults

Our teen and adult program is more than just a workout and involves more than just physical skills. We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Our top-flight instructors aid you in improving your all-around skill level. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed.

Age: 13+  
4048 Tu, Th 4/10-5/10 (T) 8:15-9 PM  
(Th) 8-8:45 PM \$129/\$139  
4021 Su 4/15-5/13 8:45-9:30 AM \$65/\$75  
Kicks Karate/Staff

# THEME PARK TICKETS

**On Sale  
Early April**



Parks, prices and  
information to be  
announced soon

**Call 240-314-8620**

## We Want You!

**Are you great with children?  
Are you enthusiastic and  
energetic?**

### Apply Now for Summer 2018 Camps and Playgrounds

Most programs run for eight weeks,  
about 35 hours per week.

- Plan and teach sports and games
- Outdoor activities • Arts and crafts
- Special events • Swimming
- Theme weeks and more!

For job openings and application information, visit  
[www.rockvillemd.gov/careers](http://www.rockvillemd.gov/careers)

Applications may also be completed at Rockville  
City Hall, Human Resources, 111 Maryland Ave.,  
Rockville, MD 20850. EOE

## Special Events

### Late Night Teen Scene

Late Night Teen Scene is a safe and supportive environment for teens. This is a recreation based program with a focus on positive teen interactions and engagement. Teens will have an opportunity to spend time with friends singing karaoke, playing video games, crafts, dodge ball and much more.

Age: 11-14  
4871 4/27 7-10 PM \$15/\$20  
4872 6/1 7-10 PM \$15/\$20  
Twinbrook CRC

## Sports - Instructional

### Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 12-19  
4037 Th 4/12-5/31 6:15-7:05 PM \$85/\$95  
Thomas Farm CC/Jordan



## Arts, Dance, and Enrichment

### Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under direction from a producer. Learn what the pros look for, how to prepare and where to find work in your area.

Age: 18+  
3966 Tu 5/1 6:30-9 PM \$25/\$35  
Rockville Senior Center/Voice Coaches

### New! Ballet Workshop - From Studio to Stage

Designed for beginner adult students to refine their technique and work on skills to prepare them for performing on stage.

Age: 16+  
4860 Sa 5/12 2-4 PM \$25/\$25  
Rockcrest Ballet Center/Simpson/Chongpinitchai

### Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in.

#### Beginner-Intermediate

Age: 13+  
3653 Sa 3/3-4/14 9-10 AM \$60/\$70  
3654 Sa 4/21-5/26 9-10 AM \$70/\$80  
Rockcrest Ballet Center/Chongpinitchai

3656 Th 4/26-5/24 8-9:15 PM \$70/\$80  
Rockcrest Ballet Center/Simpson

#### Intermediate

Age: 13+  
3659 Tu 4/24-5/29 8-9:15 PM \$80/\$90  
Rockcrest Ballet Center/Simpson

#### Advanced

Age: 13+  
3662 Tu 4/24-5/29 6:30-8 PM \$95/\$105  
Rockcrest Ballet Center/Simpson

3665 Th 4/26-5/24 6:30-8 PM \$85/\$95  
Rockcrest Ballet Center/Chongpinitchai

### Broadway Moves

Dance like a Broadway star! This fun and energetic exercise class focuses on being the one singular sensation that is you. Burn calories, stretch, tone, improve posture, and most of all enjoy the melodies of Broadway. Class is for all levels.

Age: 16+  
3848 Tu 4/10-6/12 9:30-10:30 AM \$83/\$93  
Thomas Farm CC/Devine

## Fitness

### 20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+  
4115 W 4/11-6/13 6:20-7:15 PM \$79/\$89  
Thomas Farm CC/Ramsey

### Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+  
4378 M 4/23-6/11 12:45-1:15 PM \$35/\$42  
4394 M 4/23-6/11 8:05-8:35 PM \$35/\$42  
4385 W 4/25-6/13 12:45-1:15 PM \$40/\$48  
4395 W 4/25-6/13 8:05-8:35 PM \$40/\$48  
4379 F 4/27-6/15 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center/Kolanowski/Warner/Lydecker

### Bang Power Dance

BANG Power Dance™ is an urban-inspired dance/fitness class using optional weighted gloves. A fusion of hip-hop, world dance, boxing, aerobics and body-weight training, this class takes your workout to a whole new level. Using a carefully designed mix of today's hottest music, BANG Power Dance inspires you to get fit and move!

Age: 16+  
4151 M 4/16-6/11 6:15-7:15 PM \$59/\$69  
Twinbrook CRC/Reluzco



## New! Body Fit Bootcamp

Reach your fitness goals in this whole-body workout that includes cardio, strength and interval training. Using calisthenics and body weight exercises, you will see fast results and be motivated to push yourself to the next level.

Age: 16+  
4218 Sa 4/14-6/9 6:30-7:30 PM \$45/\$53  
Thomas Farm CC/Warner

4217 Tu 4/17-6/5 6:30-7:30 PM \$60/\$70  
Meadow Hall Elementary School/Warner

## Body Sculpt

Be prepared to sweat! This total body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+  
4406 Tu 4/24-6/12 5:30-6:25 PM \$64/\$75  
Rockville Swim and Fitness Center/Johnson

## Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+  
4408 M 4/23-6/11 5:45-6:45 PM \$56/\$67  
Rockville Swim and Fitness Center/Gwet

4441 W 4/25-6/13 5:30-6:30 PM \$64/\$75  
Rockville Swim and Fitness Center/Johnson

## Bootcamp – Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Work out in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+  
4411 M 4/23-6/11 6:30-7:30 AM \$56/\$67  
4412 M 4/23-6/11 7-8 PM \$56/\$67  
4413 W 4/25-6/13 6:30-7:30 AM \$64/\$75  
4414 F 4/27-6/15 6:30-7:30 AM \$64/\$75  
Rockville Swim and Fitness Center/  
Gwet/Melendez-Munoz

## Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40s music. All fitness levels welcome.

Age: 16+  
4447 M 4/23-6/11 12-12:45 PM \$56/\$67  
Rockville Swim and Fitness Center

## Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+  
4443 Th 4/26-6/14 7-8 PM \$64/\$75  
Rockville Swim and Fitness Center/Silverman

## New! Cardio Sculpt and Tone

Enjoy 15 minutes of cardio, 15 minutes of strength training and 15 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring a mat and weights.

Age: 16+  
4278 Sa 4/7-6/16 8:10-8:55 AM \$77/\$87  
Rockville Senior Center/Ramsey

## Cardio Strength

Challenge yourself with this demanding workout. The class starts with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full-body stretch. The focus is on maintaining great form throughout all of the movements.

Age: 16+  
4419 Tu 4/24-6/12 12-12:45 PM \$64/\$75  
Rockville Swim and Fitness Center/Gwet

## Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work are included along with a variety of strength-building exercises. Bring a mat and weights.

Age: 16+  
4124 Th 4/5-6/14 5:45-6:15 PM \$48/\$58  
Rockville Senior Center/Ramsey



## Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low-impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring a mat and weights.

Age: 16+

4113 Tu 4/10-6/12 5:30-6:15 PM \$77/\$87  
Thomas Farm CC/Webb

4114 Sa 4/7-6/16 9-9:45 AM \$77/\$87  
Rockville Senior Center/Ramsey

## Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights are used.

Age: 16+

4423 Tu 4/24-6/12 11-11:45 AM \$64/\$75  
4424 Th 4/26-6/14 11-11:45 AM \$64/\$75

Rockville Swim and Fitness Center

## Complete Core and More

Burn calories as you build strength and improve your endurance and flexibility. Class includes cardio, core work and a variety of exercises to improve muscle strength and toning. Bring a mat and weights.

Age: 16+

4138 Th 4/12-6/14 6:15-7:15 PM \$79/\$89  
Thomas Farm CC/Morales

## Complete Core and Stretch

Try this dynamic class, which focuses on body alignment, core strengthening and intense stretching to gain flexibility and stability. Taught by a dancer, this class helps improve your posture. Finish the class feeling taller, stronger and more energetic.

Age: 16+

3849 Th 4/12-6/14 9:30-10:30 AM \$75/\$85  
Thomas Farm CC/Devine

## New! Deep Delicious Stretch

Stretch and bring energy to muscles, joints and connective tissue. Postures and sequences are designed to open and free the body of tension. Feed the organs with fresh, oxygenated blood and prana through breathing exercises. Explore meditation and visualization techniques to calm down, improve focus and sleep patterns. Leave feeling lighter, more joyful and in harmony!

Age: 16+

3913 W 4/11-5/30 6-7:15 PM \$65/\$75  
Thrive Yoga/Staff

## Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Super-charge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

4427 Th 4/26-6/14 12-12:45 PM \$64/\$75  
Rockville Swim and Fitness Center

## In Motion (Seniors)

This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group. Exercise can energize mood, relieve stress, help manage symptoms of illness and pain, and improve overall sense of well-being. Stay active and healthy!

Age: 55+

4388 Tu 4/24-6/12 12:45-1:15 PM \$35/\$42  
Rockville Swim and Fitness Center

## Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper-body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

4390 Th 4/26-6/14 12:45-1:15 PM \$35/\$42  
Rockville Swim and Fitness Center





## Lo by Jazzercise

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation. Bring a mat and weights.

Age: 16+

4139	M	4/9-6/4	6:45-7:45 PM	\$62/\$72
4137	W	4/11-6/6	6:45-7:45 PM	\$70/\$80

College Gardens Elementary School/Proctor

## Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility.

Age: 16+

4111	M	4/9-6/11	6:15-7 PM	\$68/\$78
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Thomas Farm CC/Ramsey

## Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

3867	Tu	4/10-6/12	6:30-7:25 PM	\$109/\$119
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Rockville Swim and Fitness Center/Poole

## Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat and wear comfortable clothing.

Age: 16+

3864	Tu	4/10-6/12	7:30-8:25 PM	\$109/\$119
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Rockville Swim and Fitness Center/Poole

## Pilates Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

4458	Th	4/26-6/14	9:15-10:15 AM	\$88/\$104
4461	Su	4/29-6/17	9:15-10:15 AM	\$77/\$91

Rockville Swim and Fitness Center

## New! Pom Dance Fitness

Have fun in this low-impact cardio dance class following routines set to music and using pom-poms. This workout is easy to follow and designed to burn calories while strengthening and toning. Pom-poms (optional) are provided.

Age: 16+

4911	Tu	4/17	6:30-7:15 PM	Free Demo
4903	Tu	4/24-6/5	6:30-7:15 PM	\$53/\$63

Thomas Farm CC/Rubenstein

## Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class focuses on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

Age: 16+

4439	Sa	4/28-6/16	8-9 AM	\$56/\$67
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Rockville Swim and Fitness Center/Ocampo

## Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights.

Age: 16+

4132	M	4/9-6/11	9:30-10:30 AM	\$75/\$85
4133	W	4/11-6/13	9:30-10:30 AM	\$75/\$85

Thomas Farm CC/Devine

4126	Th	4/5-6/14	6:30-7:15 PM	\$85/\$95
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Rockville Senior Center/Ramsey

## Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

Age: 16+

4393	Su	4/29-6/17	11:20-11:50 AM	\$35/\$42
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Rockville Swim and Fitness Center

## New! Yoga – Balance, Flexibility, Mood & Strength

Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying. Check with your doctor before enrolling. Bring a yoga mat and sturdy blanket or bath sheet to class.

Age: 16+  
3952 M 4/9-6/11 1-2 PM \$95/\$105  
Thomas Farm CC/Neves

## Yoga – Beginner and Continuing

Be introduced to traditional yoga techniques such as meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+  
3841 Th 4/12-5/31 6:30-7:25 PM \$89/\$99  
Twinbrook CRC

## Yoga – Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+  
4730 Tu 4/24-6/12 9:15-10:15 AM \$102/\$120  
4731 F 4/27-6/15 9:15-10:15 AM \$102/\$120  
Rockville Swim and Fitness Center/McAllister/Sarracino

## Yoga – Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 16+  
4709 W 4/25-6/13 9:15-10 AM \$98/\$113  
4710 Sa 4/28-6/16 9:15-10 AM \$86/\$99  
Rockville Swim and Fitness Center

## Yoga – Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+  
3869 Th 4/5-6/7 7:30-8:45 PM \$121/\$131  
Rockville Senior Center/Dodson

## Yoga – Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+  
3852 M 4/9-6/11 7:30-8:45 PM \$110/\$120  
Thomas Farm CC/Neves

## Yoga – Kundalini

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras. Yoga styled specifically to speed up the yoga effects and give you yoga's energetic goodies *now*. If you like your physical exercise to come with a side of spiritual enlightenment, Kundalini Yoga might be for you.

Age: 16+  
3837 W 4/11-5/30 4:30-5:45 PM \$65/\$75  
Thrive Yoga/Staff

## Yoga – Prenatal

Increase your energy and stamina while building strength, flexibility, and balance. Breath exercises and postures helps reduce fatigue and tension, while improving circulation. This will keep you comfortable and feeling fit throughout your pregnancy. Special sequencing of postures, breath exercises and visualization are designed to aid you in labor. Connect with other moms-to-be in a supportive and healthy environment! This class is appropriate for any trimester with any level of experience in yoga.

Age: 18+  
3838 M 4/30-6/18 6:10-7:25 PM \$65/\$75  
Thrive Yoga/Staff





## Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

4726	M	4/23-6/11	9:15-10:15 AM	\$89/\$105
4727	W	4/25-6/13	7-8 PM	\$102/\$120

Rockville Swim and Fitness Center/Sarracino/Lydecker

## Yoga In Our City

Let the sun shine on your salutations with this outside beginner yoga class. Studies have shown yoga helps to lower blood pressure, increase flexibility and relax your mind. All ages welcome. Bring a mat and water bottle. Call weather line to check the class status at 240-314-5023.

Age: 18+

4224	F	5/11	12-12:45 PM	Free
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Rockville Town Square

## Yoga with Weights

This class strengthens, tones, relaxes and increases your flexibility through a combination of free weights and specific yoga postures, along with practicing traditional yoga positions. Students should wear comfortable clothing, bring a yoga mat and water. Contact [pgnairzen@gmail.com](mailto:pgnairzen@gmail.com) with any questions. Class is for beginner and continuing yoga students.

Age: 16+

3839	Su	4/15-6/3	10:30-11:30 AM	\$72/\$77
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Rockville Senior Center/Nair

4848	W	4/18-5/30	7:30-8:30 PM	\$72/\$77
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Thomas Farm CC/Nair

## Zumba – Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+

3843	Tu	4/10-5/22	7:30-8:25 PM	\$69/\$79
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Thomas Farm CC/Graves

## Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+

4432	W	4/25-6/13	6:05-6:50 PM	\$56/\$65
4445	F	4/27-6/15	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Johnson

4433	Th	4/26-6/14	7-7:45 PM	\$56/\$65
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Rockville Swim and Fitness Center

## Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1-or 2-pound weights.

Age: 16+

4430	W	4/25-6/13	12-12:45 PM	\$56/\$65
4429	Sa	4/28-6/16	11-11:45 AM	\$56/\$65

Rockville Swim and Fitness Center

## Martial Arts

### Fencing – Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 16+

4185	Tu	4/17-6/5	7-8:20 PM	\$128/\$138
4186	Sa	4/21-6/16	2-3:20 PM	\$128/\$138
4250	Su	4/22-6/17	11:25 AM-12:45 PM	\$128/\$138

Rockville Fencing Academy/Staff

## Karate for Teens/Adults

Our teen and adult program is more than just a workout and involves more than just physical skills. We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Our top-flight instructors aid you in improving your all-around skill level. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed.

Age: 13+

Age: 13+

4047	M, W	4/9-5/9	(M) 8:25-9:10 PM (W) 8:15-9 PM	\$129/\$139
4048	Tu, Th	4/10-5/10	(T) 8:15-9 PM (Th) 8-8:45 PM	\$129/\$139
4021	Su	4/15-5/13	8:45-9:30 AM	\$65/\$75
Kicks Karate/Staff				

## T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

4155	Tu	4/10-5/29	7-8 PM	\$61/\$71
Elwood Smith CC/Lamb				

## Sports - Instructional

### New! Pickleball

A paddle sport that is a cross between tennis, badminton and ping pong where a player hits a whiffle ball over a net on a badminton-sized court. If you've never played this sport before, this class is designed for you. It's easy to learn and fun to play. This class teaches participants basic strokes, dinks, serve, footwork and rules of the game. Paddles and balls are provided.

Age: 16+

4279	Tu	4/17-5/8	10-11 AM	\$35/\$40
Lincoln Park CC/Daly				

Age: 16+

4277	W	4/18-5/9	6-7 PM	\$35/\$40
Twinbrook CRC/Daly				

## Tennis for Adults/Teens

Enjoy the benefits of working out in a gym in a much more fun, exciting and social atmosphere. Tone muscles, burn calories, reduce stress and keep your mind sharp as you meet new tennis partners. Ground strokes, serve, volley and overhead will be covered, based on skill levels. Bring a tennis racket.

### Beg/Nov 2.0-3.0 NTRP Level

Age: 16+

4167	Su	4/15-5/20	2-2:50 PM	\$75/\$85
Civic Center Park/M. Yargici				

4168	M	4/16-5/21	6-6:50 PM	\$75/\$85
Twinbrook CRC/Asaka				

4166	Tu	4/17-5/22	6-6:50 PM	\$75/\$85
Dogwood Park/M. Yargici				

4220	W	4/18-5/23	6-6:50 PM	\$75/\$85
Mattie Stepanek Park/Asaka				

4265	Th	4/19-5/24	7-7:50 PM	\$75/\$85
Montrose CC & Park/Z. Yargici				

### Intermediate 3.0-3.5 NTRP Level

Age: 16+

4165	Su	4/15-5/20	3-4:15 PM	\$89/\$99
Civic Center Park/M. Yargici				

4164	Tu	4/17-5/22	7-8:15 PM	\$89/\$99
Dogwood Park/M. Yargici				

4172	M	4/16-5/21	7-8:15 PM	\$89/\$99
Twinbrook CRC/Asaka				

4136	W	4/18-5/23	7-8:15 PM	\$89/\$99
Mattie Stepanek Park/Asaka				



**Worried about the weather?**

Call the Rec Line at 240-314-5023.

Select #1 for class status.



## SPRING ADULT TEAM LEAGUES

Men's Softball      Co-Rec Volleyball  
Men's Basketball      Co-Rec Softball  
Co-Rec Soccer 7's

### League play begins:

April 6: Co-Rec Softball (Reverse)

April 9: Men's Softball

April 9: Men's Basketball

April 12: Co-Rec Volleyball (indoor)

April 12: Co-Rec. Soccer 7's

May 15: Sand Co-Rec Volleyball

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)  
240-314-8620

## Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach on of our youth sports leagues this spring:

- Youth Soccer
- T-ball or Coach Pitch

For more information call 240-314-8620  
or email [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)



Rockville Sister City Corporation  
**Welcome Reception for  
Our Visiting Scholar and  
a City Government Intern  
Both from Pinneberg, Germany**

Enjoy wine and light refreshments

**Friday, March 9  
7-9:30 p.m.**

Glenview Mansion

603 Edmonston Dr., Rockville, MD

\$25 for Reservations received by Feb. 28

\$30 for tickets purchased at the door

For reservations visit

[www.rockvillesistercities.org](http://www.rockvillesistercities.org)



## Coming to your community this fall!

### Youth Fall Sports Leagues:

- Co-Ed Soccer: Pre-K through eighth grade
- Co-Ed Cross Country: First through eighth grade

### Adult Fall Sports Leagues:

- Men's Softball
- Men's Basketball
- Co-Rec Reverse Softball
- Co-Rec Volleyball (indoors)
- Women's Volleyball (indoors)
- Co-Rec Soccer 7's
- 43rd Annual Rockville 10K/5K race

The Sports Division fall sports leagues details will be available in our summer guide on April 30 and online at: [www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports).





**Register Early!**



Presented by



City of **Rockville**  
Get Into It



**Montgomery County Road Runners Club**

## Saturday, June 23 from 7:30-9:30 p.m.

The great 5K course on neighborhood roads begins and ends in Town Center with a post-race party featuring a commemorative mug, music by Driven by Clarity and the opportunity to sample some great beverages.

### 5K Registration Fees

- Adult \$40/\$45\* Late (May 30-June 22)
- Youth (10-20) \$25/\$30\* Late (May 30-June 22)
- Child (Under 10) \$15/\$20\* Late (May 30-June 22)

### KidZone Registration Fees

(Includes Kids Fun Run, children's activities and light refreshments)

- Ages 5-9: \$10
- Ages 4 and younger: Free, registration required

**Register at**  
**[www.rockvillemd.gov/sudsandsoles](http://www.rockvillemd.gov/sudsandsoles)**



# Rockville Farmers Market

**Fruit • Vegetables • Meat • Flowers**  
**Cheese • Bread • Baked Goods**

## Saturdays

**May 12-Nov. 17**

9 a.m. – 1 p.m.

Corner of Rt. 28 and Monroe St.

*WIC and EBT/SNAP accepted*

[www.Facebook.com/RockvilleFarmersMarket](http://www.Facebook.com/RockvilleFarmersMarket)



[www.rockvillemd.gov/farmers](http://www.rockvillemd.gov/farmers) • 240-314-8620

## NOTIFY ME!

**Sign up to receive notifications for Recreation and Parks programs, cultural arts and special events, community center activities and more.**

**Go to the city's website at [www.rockvillemd.gov](http://www.rockvillemd.gov) and click on the "Notify Me" button**





## 2018 WOOTTONS MILL GARDEN PLOT PROGRAM

**Registration Now Open**  
*Plots are ready for use  
April 1, program ends  
Nov. 11.*

Join over 100 active gardeners. Make friends and be active while reaping the benefits of growing your own fresh vegetables. The City of Rockville provides access to water. Garden plots are approximately 25 by 25 feet. Gardeners provide their own fencing, weed barrier, hoses, tools and other gardening supplies.

Garden plots are \$55 for residents and \$80 for nonresidents. Visit [www.rockvillemd.gov/garden-plots](http://www.rockvillemd.gov/garden-plots) to download an information packet with a registration form.

## What's Happening in Rockville?

**Have a list of Rockville's weekly events delivered to your email, every Thursday.**

- Recreation and Parks programs
- Special events
- Important meetings and more ...

**Sign up today and look to  
the week ahead.**

**[www.rockvillemd.gov/thisweek](http://www.rockvillemd.gov/thisweek)**



**One of the main missions of the Foundation is to:**

- Lead the fund raising effort to support the Rockville Recreation Fund that assists low-income residents with program and facility fees



## Need Help with Past-Due Rent or Utility Payments?

### Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

*Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive; 240-777-4550.*

240-314-8310

[www.rockvillemd.gov/communityservices/assistance](http://www.rockvillemd.gov/communityservices/assistance)



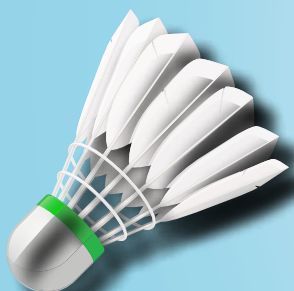
# All - Center Drop - In Pickle Ball and Badminton

## Pickleball:

- LPCC:** Monday and Tuesday, 10 a.m.-noon  
**TCRC:** Wednesday, 7-9 p.m.  
**TFCC:** Wednesday and Thursday, 10 a.m.-noon

## Badminton:

- LPCC:** Thursday and Friday, 10 a.m.-noon  
 Sunday, 1-3 p.m.  
**TCRC:** Thursday, 7-9 p.m.  
 Sunday, 3-6 p.m. (March-December)  
**TFCC:** Tuesday, 7:15 p.m. - 9:30 p.m.  
 Friday, 11:15 a.m.- 1:30 p.m.  
 Sunday, 5:30-8:30 p.m. (November-March)  
 Sunday, 3-6 p.m. (April-October)



***Combo all-center memberships (excludes fitness memberships)***

**\$50 Residents • \$90 Nonresidents**

***Ask about our open-gym basketball and fitness memberships***

### **Lincoln Park Community Center**

357 Frederick Ave. • 240-314-8780

### **Twinbrook Community Recreation Center**

12920 Twinbrook Parkway • 240-314-8830

### **Thomas Farm Community Center**

700 Falls Grove Drive • 240-314-8840





# Thank You!



Rockville Recreation and Parks Foundation has provided funding to support swim lessons, equipment, and \$8,000 to help renovate Mattie J.T. Stepanek Park in 2017.

*We are grateful for their support.*

To learn more about the Rockville Recreation and Parks Foundation, please see page 56 or visit [www.rrpfi.org](http://www.rrpfi.org)

Sign up for City of Rockville  
Emergency Notifications



[rockvillemd.gov/alerts](http://rockvillemd.gov/alerts)

**Public Safety • Severe Weather • Traffic**

The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

### Signing up is **EASY!**

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,**  
visit [www.rockvillemd.gov/alerts](http://www.rockvillemd.gov/alerts)

# International Night 2018

**Friday, March 23, 6-8:30 p.m.**

F. Scott Fitzgerald Theatre and Social Hall

***Join your neighbors for an evening of fun  
and entertainment***

- Learn about the different cultures that make up our community
- Enjoy dance performances and costume displays
- Meet people from different countries and learn more about their customs
- Try unique and traditional foods
- Free event

# Hit the Road Jack! and Go Cycling

**Rockville Bicycle Advisory Committee**

[www.rockvillemd.gov/rbac](http://www.rockvillemd.gov/rbac)

[rockvillebikerides@gmail.com](mailto:rockvillebikerides@gmail.com)

[www.meetup.com/bikerockville](http://www.meetup.com/bikerockville)



## Bike Month Kick-off Ride

Sunday, May 6 • 10 a.m.

Meet at City Hall

## Tour de Cookie

Saturday, May 5 • 8 a.m.

[www.tourdecookie.com](http://www.tourdecookie.com)

## Bike to School Day

Wednesday, May 9

[www.walkbiketoschool.org/ready/about-the-events/bike-to-school-day](http://www.walkbiketoschool.org/ready/about-the-events/bike-to-school-day)

## 12th Annual Rockville Ride of Silence

Wednesday, May 16 • 7 p.m.

[www.rideofsilence.com](http://www.rideofsilence.com)

## National Bike to Work Day

Friday, May 18 • 6:30 a.m.

[www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org)

## RBAC at the Farmers Market with bike safety checks

Saturdays, May 12 to July 14 • 10 a.m.-noon

[www.rockvillemd.gov/farmers](http://www.rockvillemd.gov/farmers)

## Tuesday Evening Rides

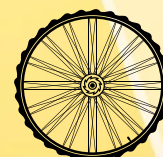
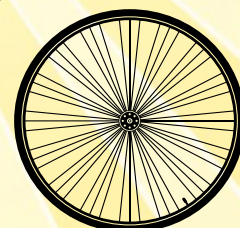
June 5 to Aug. 28 • 6:30 p.m.

[www.facebook.com/bikerockville](http://www.facebook.com/bikerockville)

## Carl Henn Millennium Trail Ride

Sunday, June 17 • 10 a.m.

Meet at Rockville Senior Center







## ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800 • [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

**The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.**

### REGISTRATION DATES

**(M) – Member** registration begins **Tuesday, Feb 27**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Thursday, Nov. 30 for all other city programs.

**(R) – Resident** registration begins **Thursday, March 1** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville city limits.) Residents receive a discount on program fees.

**(NR) – Nonresident/Nonmember** registration begins **Thursday, March 1** for seniors age 60 and older who live outside the Rockville city limits and who are not members of the Senior Center. Non-residents/nonmembers pay full price for programs offered at the Senior Center.

### TRANSPORTATION

**Rockville Call 'N Ride Service** – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

**Buses** – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

### AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

### ROCKVILLE SENIOR CENTER

#### Hours

Monday-Friday, 8:30 a.m.-5 p.m.  
Saturday, 8:30 a.m.-1 p.m.



#### Directions

Call 240-314-5019

#### Bus Transportation and Lunch Reservations

Call 240-314-8810



#### Program Fees

Fee = member/resident/nonresident

#### Center Membership Fees

\$40/year – Rockville resident  
\$135/year – Nonresident; \$65 spouse

#### Fitness Center Membership Fees

\$90/year. (Must be a Senior Center member)



### PROGRAM ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

### MEAL PROGRAM

**Daily Lunch** – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required. Call 240-314-8810.

**All senior programs are held at the Rockville Senior Center unless noted.**





## Senior Center Happenings:

### **FASHION SHOW WITH TAYLOR MARIE**

**Thursday, March 20, 1-2:30 p.m.**

Project Runway brings the shopping to us, along with creative accessories, many below-retail.

Light refreshments served. Course #4147  
\$5 members; \$7 residents; \$10 Nonmembers

### **ROCKVILLE SENIORS INC. SPAGHETTI DINNER**

**Thursday, April 19, 6-8 p.m.**

Enjoy the night out with the family with spaghetti and Bingo. Bingo cards will be available to purchase for adults.

\$13 in advance • \$15 at the door  
Located at the Rockville Senior Center  
Kids 12 and under

\$4 in advance • \$6 at the door  
Register in person or mail payment to Rockville Senior Center; check or cash accepted, check made out to R.S.I.

### **WINE AND CHEESE Tuesday, April 24 5:30-7 p.m.**

Enjoy an evening out to meet new friends and the staff at the Senior Center. Buss transportation is available to Rockville residents by calling 240-314-8810. Course #4276; \$3/\$5

### **ROCKVILLE SENIORS INC. INDOOR SPRING YARD AND CRAFT SALE**

**Saturday, May 5, 9 a.m. - 2 p.m.**

The Thrift and Gift Shop will be open  
Spaces available - \$25 Senior Center members,  
\$35 nonmembers

Located at the Rockville Senior Center

### **ART RECEPTION Thursday, May 17, 6-8 p.m.**

Senior Center Lounge  
Featuring the work of Val Fry's  
Senior Watercolor Classes

**240-314-8820**

### **HEALTH FAIR Wednesday, May 23**

**11 a.m.-1:30 p.m.**

Free health screenings, healthy snacks and more. Montgomery County and Rockville agencies along with vendors from various health facilities will be present.

### **INTERNATIONAL DAY A Celebration of Cultures Friday, June 15 10:30 a.m.-noon**

Displays • Costumes • Tastings  
Dance demonstrations.

## **SENIOR CENTER MEMBER ADULT CLASS BENEFIT**

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Does not apply to workshops. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. This discount is not valid for aquatics classes. Refer to the aquatics section for pricing. For more information call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

## **TRIP REGISTRATION**

### **In-Person Lottery Thursday, March 8, 10:30 a.m.**

Senior Center members and residents  
Numbers distributed in random order, 10:15 a.m.

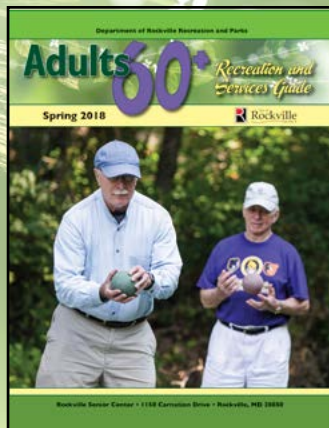
### **Friday, March 9**

Nonresidents and nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.





Look for additional information in our

## Adults 60+ *Recreation and Services Guide*

**Pick up your copy today at the following locations:**  
Rockville Senior Center, all community centers, Croydon Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Library.

If you do not receive your guide in a timely manner, please visit one of the locations listed above.  
visit [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation) to view online.



### 8 WEEK FITNESS CHALLENGE

The Center for Disease Control and Prevention recommends 150 minutes of moderate aerobic activity weekly for older adults. You can accomplish this goal with an eight-week fitness challenge, beginning March 19 and concluding May 11. Prizes will be awarded for the three senior center members who exercise the greatest number of minutes during the challenge.

There will be a mandatory organization meeting at 2 p.m. Monday, March 12, for all participants to receive the fitness challenge packet and to review the program's guidelines. Registration is required for this free program. Registration closes March 19. Register with course #4784 at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration). (Must be a Senior Center fitness member.)



**ROCKVILLE SENIORS INC.**

### PANCAKE BREAKFAST

**Saturday, March 10 • 8 - 10 a.m.**

**Open to the community**

**\$10 in advance/\$11 at the door**

**\$4 kids 12 and under**

**\$30 for family of 4.**

Register in person or mail payment to Rockville Senior Center, check or cash accepted, checks made out to RSI.



# Senior Center Support Services



## **Need Help with Your Taxes?**

**Senior Income Tax Assistance**

**Mondays, Feb. 5-April 12**

Appointment needed: no fee

**240-777-2577**

## **Rockville Emergency Assistance Program (REAP)**

For residents 60-plus the emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Miriam Minera, 240-314-8817.

## **Daily Lunch**

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required: 240-314-8810.

**Aging Information, Services and Support for Seniors and families may be obtained by calling the Center 240-314-8810.**

Now Senior Support Services are extended beyond the Rockville Senior Center! Meet with our outreach workers at:

**Twinbrook Community Center**  
(240-314-8830) on Fridays,  
10:30 a.m.-12:30 p.m.



### **What are villages?**

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

### **What do village networks do?**

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

### **For more information:**

Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov.  
[www.rockvillemd.gov/rockvillages](http://www.rockvillemd.gov/rockvillages)  
[www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html](http://www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html)





## Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)

**240-314-8750**

The swim center has two indoor and two outdoor pools, an outside interactive "sprayground," a 150-foot waterslide, dry saunas, whirlpool, fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**No classes held Memorial Day weekend May 26-28.**

### Fees:

**M = RSFC Member • NM = Non-RSFC Member**

## Registration Procedures

### Swim Center Member

Tuesday, Feb. 27, 8:30 a.m.

### Swim Center Nonmember

Thursday, March 1, 8:30 a.m.

### Registration Deadline

**One week prior to start date**

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See [www.rockvillemd.gov/swimcenterfeeschedule](http://www.rockvillemd.gov/swimcenterfeeschedule) for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$15 withdrawal fee for all refunds.

### Mail to:

Swimming Lessons  
RSFC  
355 Martins Lane  
Rockville, MD 20850

### Fax to:

Swimming Lessons  
240-314-8759



## Adult/Child Swim

Note: An adult must accompany each child into the water for every adult/child program.

### Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim Center.

Age: 6-18 mos				M/NM
4576	Tu	4/24-6/12	9-9:30 AM	\$73/\$91
4574	Sa	4/28-6/16	10:50-11:20 AM	\$64/\$80
4575	Su	4/29-6/17	10:15-10:45 AM	\$64/\$80

### Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim & Fitness Center.

Age: 18 mos-3 yr				M/NM
4585	M	4/23-6/11	2-2:30 PM	\$64/\$80
4583	Th	4/26-6/14	9-9:30 AM	\$73/\$91
4580	Sa	4/28-6/16	8:30-9 AM	\$64/\$80
4581	Sa	4/28-6/16	10:15-10:45 AM	\$64/\$80
4769	Su	4/29-6/17	8-8:30 AM	\$64/\$80
4582	Su	4/29-6/17	9:40-10:10 AM	\$64/\$80
4584	Su	4/29-6/17	11:25-11:55 AM	\$64/\$80

### Bobbers 1

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and-arm stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim & Fitness Center.

Age: 3-5				M/NM
4559	W	4/25-6/13	2-2:30 PM	\$73/\$91
4560	Th	4/26-6/14	9:30-10 AM	\$73/\$91
4555	Sa	4/28-6/16	9:05-9:35 AM	\$64/\$80
4556	Sa	4/28-6/16	11:25-11:55 AM	\$64/\$80
4557	Su	4/29-6/17	9:05-9:35 AM	\$64/\$80
4558	Su	4/29-6/17	10:50-11:20 AM	\$64/\$80

### Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim Center.

Age: 3-5				M/NM
4569	Tu	4/24-6/12	9:30-10 AM	\$73/\$91
4567	Sa	4/28-6/16	9:40-10:10 AM	\$64/\$80
4568	Su	4/29-6/17	8:30-9 AM	\$64/\$80

## Preschool Swim

### Fearful Floaters

This swim class is intended for children who are reluctant to take part in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6				M/NM
4618	M	4/23-6/11	4:10-4:40 PM	\$69/\$86
4619	W	4/25-6/13	3:35-4:05 PM	\$79/\$98
4703	Sa	4/28-6/16	10:30-11:10 AM	\$69/\$86

### Floaters 1

This swim class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6				M/NM
4629	M	4/23-6/11	3:35-4:05 PM	\$69/\$86
4873	M	4/23-6/11	4:45-5:15 PM	\$69/\$86
4630	Tu	4/24-6/12	4:35-5:05 PM	\$79/\$98
4631	Tu	4/24-6/12	5:10-5:40 PM	\$79/\$98
4632	Tu	4/24-6/12	5:45-6:15 PM	\$79/\$98
4633	W	4/25-6/13	4:10-4:40 PM	\$79/\$98
4634	Th	4/26-6/14	5:45-6:15 PM	\$79/\$98
4635	F	4/27-6/15	3:35-4:05 PM	\$79/\$98
4636	F	4/27-6/15	4:45-5:15 PM	\$79/\$98
4622	Sa	4/28-6/16	9-9:40 AM	\$69/\$86
4770	Sa	4/28-6/16	9:45-10:25 AM	\$69/\$86
4623	Sa	4/28-6/16	10:30-11:10 AM	\$69/\$86
4624	Sa	4/28-6/16	11:15-11:55 AM	\$69/\$86
4625	Su	4/29-6/17	9-9:40 AM	\$69/\$86
4626	Su	4/29-6/17	9:45-10:25 AM	\$69/\$86
4627	Su	4/29-6/17	10:30-11:10 AM	\$69/\$86
4628	Su	4/29-6/17	11:15-11:55 AM	\$69/\$86
4771	Su	4/29-6/17	12-12:45 PM	\$69/\$86



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

**REGISTER EARLY!**



## Floaters 2

This swim class is for children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back should take this class. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6				M/NM
4656	M	4/23-6/11	3:35-4:05 PM	\$69/\$86
4657	Tu	4/24-6/12	5:10-5:40 PM	\$79/\$98
4658	W	4/25-6/13	3:35-4:05 PM	\$79/\$98
4660	Th	4/26-6/14	4:35-5:05 PM	\$79/\$98
4661	Th	4/26-6/14	5:10-5:40 PM	\$79/\$98
4662	F	4/27-6/15	3:35-4:05 PM	\$79/\$98
4659	Sa	4/28-6/16	9-9:45 AM	\$69/\$86
4652	Sa	4/28-6/16	9:45-10:25 AM	\$69/\$86
4653	Sa	4/28-6/16	11:15-11:55 AM	\$69/\$86
4663	Su	4/29-6/17	9-9:40 AM	\$69/\$86
4654	Su	4/29-6/17	9:45-10:25 AM	\$69/\$86
4655	Su	4/29-6/17	11:15-11:55 AM	\$69/\$86

## Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7				M/NM
4679	W	4/25-6/13	4:10-4:40 PM	\$79/\$98
4681	Th	4/26-6/14	5:10-5:40 PM	\$79/\$98
4680	F	4/27-6/15	4:10-4:40 PM	\$79/\$98
4677	Sa	4/28-6/16	9:45-10:25 AM	\$69/\$86
4773	Su	4/29-6/17	9-9:40 AM	\$69/\$86
4678	Su	4/29-6/17	11:15-11:55 AM	\$69/\$86

## Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7				M/NM
4690	Tu	4/24-6/12	5:45-6:15 PM	\$79/\$98
4689	W	4/25-6/13	4:45-5:15 PM	\$79/\$98
4687	Sa	4/28-6/16	9-9:40 AM	\$69/\$86
4688	Su	4/29-6/17	9:45-10:25 AM	\$69/\$86
4774	Su	4/29-6/17	10:30-11:10 AM	\$69/\$86

## Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
4777	Th	4/26-6/14	4:35-5:05 PM	\$79/\$98
4700	F	4/27-6/15	4:45-5:15 PM	\$79/\$98
4696	Sa	4/28-6/16	9:45-10:25 AM	\$69/\$86
4698	Su	4/29-6/17	10:30-11:10 AM	\$69/\$86

## Mini Swim Team Prep

This swim class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
4772	M	4/23-6/11	4:45-5:15 PM	\$69/\$86
4706	Th	4/26-6/14	5:45-6:15 PM	\$79/\$98
4705	Sa	4/28-6/16	10:30-11:10 AM	\$69/\$86

## Children/Teen Swim

### Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
4466	W	4/25-6/13	4:45-5:15 PM	\$73/\$90
4467	F	4/27-6/15	4:10-4:40 PM	\$73/\$90
4462	Sa	4/28-6/16	9:45-10:25 AM	\$64/\$79
4463	Sa	4/28-6/16	10:30-11:10 AM	\$64/\$79
4464	Su	4/29-6/17	10:30-11:10 AM	\$64/\$79
4465	Su	4/29-6/17	12-12:40 PM	\$64/\$79







## Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7+				M/NM
4478	M	4/23-6/11	4:10-4:40 PM	\$64/\$79
4479	Tu	4/24-6/12	4:35-5:05 PM	\$73/\$90
4474	Sa	4/28-6/16	9-9:40 AM	\$64/\$79
4475	Sa	4/28-6/16	11:15-11:55 AM	\$64/\$79
4476	Su	4/29-6/17	9-9:40 AM	\$64/\$79
4477	Su	4/29-6/17	12-12:40 PM	\$64/\$79

## Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
4778	Sa	4/28-6/16	10:30-11:10 AM	\$64/\$79
4485	Sa	4/28-6/16	11:15-11:55 AM	\$64/\$79
4486	Su	4/29-6/17	9:45-10:25 AM	\$64/\$79
4487	Su	4/29-6/17	10:30-11:10 AM	\$64/\$79
4488	Su	4/29-6/17	12-12:40 PM	\$64/\$79

## Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7+				M/NM
4495	Sa	4/28-6/16	10:30-11:10 AM	\$64/\$79
4494	Sa	4/28-6/16	11:15-11:55 AM	\$64/\$79
4496	Su	4/29-6/17	9-9:40 AM	\$64/\$79
4779	Su	4/29-6/17	9:45-10:25 AM	\$64/\$79
4536	Su	4/29-6/17	11:15-11:55 AM	\$64/\$79
4537	Su	4/29-6/17	12-12:40 PM	\$64/\$79

## Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7+				M/NM
4512	Sa	4/28-6/16	9-9:40 AM	\$64/\$79
4513	Sa	4/28-6/16	11:15-11:55 AM	\$64/\$79
4514	Su	4/29-6/17	9-9:40 AM	\$64/\$79
4515	Su	4/29-6/17	9:45-10:25 AM	\$64/\$79
4516	Su	4/29-6/17	11:15-11:55 AM	\$64/\$79

## Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+				M/NM
4780	Sa	4/28-6/16	9-9:40 AM	\$64/\$79
4538	Sa	4/28-6/16	9:45-10:25 AM	\$64/\$79
4539	Sa	4/28-6/16	11:15-11:55 AM	\$64/\$79
4540	Su	4/29-6/17	9:45-10:25 AM	\$64/\$79
4541	Su	4/29-6/17	10:30-11:10 AM	\$64/\$79

## Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7+				M/NM
4545	Sa	4/28-6/16	10:30-11:10 AM	\$64/\$79
4546	Su	4/29-6/17	9-9:40 AM	\$64/\$79
4547	Su	4/29-6/17	11:15-11:55 AM	\$64/\$79
4548	Su	4/29-6/17	12-12:40 PM	\$64/\$79

## Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Successful completion of Youth 6 and 7.

Age: 7+				M/NM
4531	Sa	4/28-6/16	9-9:40 AM	\$64/\$79
4529	Sa	4/28-6/16	9:45-10:25 AM	\$64/\$79
4530	Sa	4/28-6/16	11:15-11:55 AM	\$64/\$79
4497	Su	4/29-6/17	10:30-11:10 AM	\$64/\$79
4776	Su	4/29-6/17	11:15-11:55 AM	\$64/\$79



## Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15				M/NM
4527	Su	4/29-6/17	12-12:45 PM	\$64/\$79

## Adult Swim

### Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
4498	Tu	4/24-6/12	8:30-9:15 PM	\$73/\$90
4499	W	4/25-6/13	8:35-9:20 PM	\$73/\$90

### Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
4524	W	4/25-6/13	8:35-9:20 PM	\$73/\$90
4523	Th	4/26-6/14	8:30-9:15 PM	\$73/\$90

## Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14+				M/NM
4525	Tu	4/24-6/12	8:30-9:15 PM	\$73/\$90

### Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for 'Adult Stroke Correction.' Prerequisite: Adult Beginner 3.

Age: 14+				M/NM
4502	Th	4/26-6/14	8:30-9:15 PM	\$73/\$90

### Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke are further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4

Age: 14+				M/NM
4504	Tu	4/24-6/12	11:10-11:55 AM	\$73/\$90
4505	Th	4/26-6/14	11:10-11:55 AM	\$73/\$90



## Adult Water Fitness

### Aqua Blast

Start your day off right with a fast-paced, early morning deep-water exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment are provided.

Age: 16+				M/NM
4603	Tu	4/24-6/12	6:35-7:20 AM	\$37/\$45
4604	Th	4/26-6/14	6:35-7:20 AM	\$37/\$45



## Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size, fitness or swim level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 16+				M/NM
4605	M	4/23-6/11	10:15-11 AM	\$33/\$40
4606	W	4/25-6/13	10:15-11 AM	\$37/\$45
4607	F	4/27-6/15	10:15-11 AM	\$37/\$45

## Aqua Fitness

This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are provided.

Age: 16+				M/NM
4591	M	4/23-6/11	8:30-9:15 AM	\$33/\$40
4592	M	4/23-6/11	9:15-10 AM	\$33/\$40
4593	Tu	4/24-6/12	8:30-9:15 AM	\$37/\$45
4594	Tu	4/24-6/12	9:15-10 AM	\$37/\$45
4595	W	4/25-6/13	8:30-9:15 AM	\$37/\$45
4596	W	4/25-6/13	9:15-10 AM	\$37/\$45
4597	Th	4/26-6/14	8:30-9:15 AM	\$37/\$45
4598	Th	4/26-6/14	9:15-10 AM	\$37/\$45
4750	F	4/27-6/15	8:30-9:15 AM	\$37/\$45
4753	W	5/16-6/13	7-8 PM	\$25/\$30

## Aqua Hiit

High-intensity interval training (Hiit) at the Swim & Fitness Center alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are increased metabolism, fat burning, weight loss and improved cardio-respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

Age: 16+				M/NM
4602	F	4/27-6/15	9:15-10 AM	\$37/\$45

## Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 16+				M/NM
4600	Tu	4/24-6/12	10:10-10:55 AM	\$37/\$45
4601	Th	4/26-6/14	10:10-10:55 AM	\$37/\$45

## Deep Water Workout

Enjoy this swim class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+				M/NM
4613	M	4/23-6/11	9:15-10 AM	\$33/\$40
4614	Tu	4/24-6/12	7:40-8:25 PM	\$37/\$45
4615	W	4/25-6/13	9:15-10 AM	\$37/\$45
4616	Th	4/26-6/14	7:40-8:25 PM	\$37/\$45
4617	F	4/27-6/15	9:15-10 AM	\$37/\$45

## NOW HIRING

**Lifeguards, Swim Instructors,  
Front Desk Attendants,  
Water and Land  
Fitness  
Instructors**

**For additional information,  
call 240-314-8750  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)**





## H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 16+				M/NM
4608	M	4/23-6/11	9:20-10:05 AM	\$33/\$40
4609	Tu	4/24-6/12	7:40-8:25 PM	\$37/\$45
4610	W	4/25-6/13	9:20-10:05 AM	\$37/\$45
4611	Th	4/26-6/14	7:40-8:25 PM	\$37/\$45
4612	F	4/27-6/15	9:20-10:05 AM	\$37/\$45

## Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group are not required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. Choose to attend once, twice or three times a week. Please note: some sessions meet in our outdoor fitness pool.

*This course will meet in our indoor South pool for the month of April and move to our outdoor fitness pool after Memorial Day.*

Age: 16+				M/NM
4737	W	4/25-6/13	6:30-7:30 AM	\$39/\$55
4744	W, F	4/25-6/15	6:30-7:30 AM	\$68/\$96
4749	M, W, F	4/23-6/15	6:30-7:30 AM	\$106/\$128

## Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14+				M/NM
4721	Tu	4/24-6/12	11:05-11:50 AM	\$42/\$51
4719	Tu	4/24-6/12	9:15-10 PM	\$42/\$51
4722	Th	4/26-6/14	11:05-11:50 AM	\$42/\$51
4720	Th	4/26-6/14	9:15-10 PM	\$42/\$51

## Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14+				M/NM
4738	Su	4/29-6/17	7-8:30 PM	\$95/\$107

## Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14+				M/NM
4456	Su	4/29-6/17	8:05-8:55 AM	\$64/\$72

## Senior Swim

*Senior residents pay member fee.*

## Senior Aquacize – Advanced

This swim course is similar to 'Beginner Senior Aquacize,' only faster paced. (Meets outside during the summer session.)

Age: 60+				M/NM
4401	M	4/23-6/11	11:05-11:50 AM	\$16/\$20
4402	W	4/25-6/13	11:05-11:50 AM	\$18/\$23
4403	F	4/27-6/15	11:05-11:50 AM	\$18/\$23

## Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

Age: 60+				M/NM
4400	M	4/23-6/11	10:10-10:55 AM	\$16/\$20
4399	W	4/25-6/13	10:10-10:55 AM	\$18/\$23
4398	F	4/27-6/15	10:10-10:55 AM	\$18/\$23



## 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
4405	Tu	4/24-6/12	2:05-2:50 PM	\$18/\$23
4404	Th	4/26-6/14	2:05-2:50 PM	\$18/\$23

## Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required.

Age: 60+				M/NM
4397	M	4/23-6/11	2:35-3:20 PM	\$16/\$20
4396	W	4/25-6/13	2:35-3:20 PM	\$18/\$23

## Special Swim

### Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional swim skills in this modified exercise program. Tailored to individual needs.

Age: 18+				M/NM
4734	Tu	4/24-6/12	10:10-10:55 AM	\$34/\$53
4733	Th	4/26-6/14	10:10-10:55 AM	\$34/\$53

### Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized. Swimming skills not required.

Age: 18+				M/NM
4736	M	4/23-6/11	9:15-10:15 AM	\$30/\$46
4735	W	4/25-6/13	9:15-10:15 AM	\$34/\$53

## Certification and Training

### Lifeguard Training


Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). Upon successful completion, students are issued certification in lifeguarding, first aid and CPR/AED. Please view our website for up-to-date training schedules. Visit [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter).

Age: 15+				
3618	Th	3/15-5/10	7-10:30 PM	\$195
3590	M-F	3/26-3/30	9 AM-4 PM	\$195
3619	F, Sa, Su, M	4/20-4/29	times vary	\$195

### Lifeguard Training Review


Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). Upon successful completion, students are issued certification in lifeguarding, first aid and CPR/AED. Be sure to check [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter) for the most up to date course schedule.

Age: 15+				
3582	Sa, Su	3/17-3/18	3-10:30 PM	\$125
3584	Su, Sa	4/8-4/14	3-10:30 PM	\$125
3586	Sa, Su	5/12-5/13	3-10:30 PM	\$125



**Get Your Aquatic Facility Operator Certification Now**

Learn the skills necessary to make your facility more safe and efficient.



## Aquatic Facility Operator Certification Class

**March 3, 8 a.m. - 5 p.m. and  
March 4, 9 a.m.-5 p.m.**

**Program fee \$350. Lunch provided both days.**

**Hosted by the Rockville Swim and Fitness Center**  
355 Martins Lane, Rockville, MD 20850

To register go to [www.mrpanet.org](http://www.mrpanet.org) and click on the Events/Training tab and select MRPA training.

For more information contact Jennifer Mogus, MRPA Training Coordinator at [jen@mrpanet.org](mailto:jen@mrpanet.org)

**Sponsored by Maryland Recreation  
& Parks Association**





## Water Safety Day

Friday, June 1, 2018

3:30-6:30 p.m.

**Gaithersburg Water Park**  
512 S. Frederick Ave., Gaithersburg

**Stay safe at the pool  
this summer!**

**FREE** swimming event hosted by:  
**City of Gaithersburg**  
**City of Rockville**

### LEARN:

Preventing drowning, proper use of  
life jackets, water rescue skills, skin  
cancer prevention.

**Swim lessons**  
**(evaluations offered)**

***Held Rain or Shine***



## Rockville Rays



Summer Swim Team at the  
Rockville Swim and Fitness Center  
competing in the Montgomery  
County Swim League



Practices start on 5/29/18  
More information and registration  
instructions available in May  
online at  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)

## Check Out Our Fitness Room

### Featuring:

- 3 – Recumbent Bikes
- 2 – Rowing Machines
- 5 – Treadmills
- 4 – Elliptical Machines
- 2 – Step/Climber Machines
- 13 pieces – Single-Station Strength-  
Training Equipment and Free Weights
- Meeting Room and Kitchenette (available  
for rentals and parties)



**240-314-8750**

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)





# Glenview Mansion

AT ROCKVILLE CIVIC CENTER PARK



✧ Love, Laughter and Happily Ever After ✧  
240-314-8660 • [www.rockvillemd.gov/glenview](http://www.rockvillemd.gov/glenview)



♥♥ All are welcome.



## Glenview Mansion

Art Gallery • 2nd floor



**March 25-April 27**

### **The Natural World**

Vicky Arana – Tree paintings  
Lynda Andrews Barry – new media installations  
Lisa A. Tayerle – mixed media assemblage

#### **Opening Reception:**

Sunday, Mar. 25  
1:30-3:30 p.m.



**May 6 – June 15**

### **Rockville Art League Juried Members' Show**

Varied media

#### **Opening Reception:**

Sunday, May 6  
1:30-3:30 p.m.

**Glenview Mansion Art Gallery is FREE**  
**open to the public • 240-314-8682 • [www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)**





## Rockville Chorus

Bryan Seith, Director

# A Spring Concert of Songs Composed by Women

Sunday, May 20, 7:30 p.m.

Join us for refreshments in the lobby after the show.

**F. Scott Fitzgerald Theatre**

Rockville Civic Center Park • 603 Edmonston Drive

Open to the public – no tickets required • 240-314-8682 • [www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)



Don your finest topper and come to the  
*First Annual*

## Mad Hatter's Tea Party Brunch!

Featuring tea (of course), bubbly prosecco punch,  
lovely sandwiches, scones, pastries and clotted cream.

*Hats and Costumes encouraged, ages 21+ only.*

\$20 per person – 240-314-8682

**Sunday, April 22, 11 a.m. – 1:30 p.m.**

Glenview Mansion  
Rockville Civic Center Park  
603 Edmonston Drive

**Disclaimer:** No one will shrink from drinking the tea at this event!



## *Rockville Concert Band*

John Saint Amour, Music Director

### **2018 Concert Series**

Concerts begin at 3 p.m.

#### **“Medieval Times”**

**Sunday, March 11**

#### **“Music for All Ages: The Wonderful World of Disney”**

**Sunday, April 15**

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

No tickets required; \$5 suggested donation.  
For information: 240-314-8681

## **ROCKVILLE CIVIC BALLET**

*Eleanor Simpson, Director*

# *Sleeping Beauty*



**Saturday, March 17 at 7:30 p.m.**

**Sunday, March 18 at 2 p.m.**

F. SCOTT FITZGERALD THEATRE  
Rockville Civic Center Park

**TICKETS** \$17 adults; \$13 children (ages 12 and younger)  
\$13 seniors (ages 60 and older)

**GROUP RATES** \$16.50 – seven or more adult tickets  
\$12.50 – 10 or more children/senior tickets

Assigned seat tickets may be purchased  
in-person or by phone at the  
F. Scott Fitzgerald Theatre Box Office  
or online at [www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre).

**FOR TICKETS: 240-314-8690**





## Sunday Afternoon Concert Series

**Glenview Mansion**

First floor conservatory – 2 p.m.

**May 6**

**The Rockville Singers**

*Rockville's own singing group  
entertains free of charge.*

No tickets or reservations required.

## Wine + Film Series

**Tuesday, March 13  
7:15 p.m.**

*Fifi Howls from Happiness  
Farsi with English subtitles*

This documentary explores the provocative artist, Bahman Mahassess, the so-called "Persian Picasso," whose acclaimed paintings and sculptures dominated pre-revolutionary Iran. Adult content.

**"Addictively fascinating and  
exceptionally clever." – Village Voice**

**Doors open at 6:30 p.m.**

**film starts at 7:15 p.m.**

**Film is free; wine \$3 a glass.**

Ages 21+ welcome.

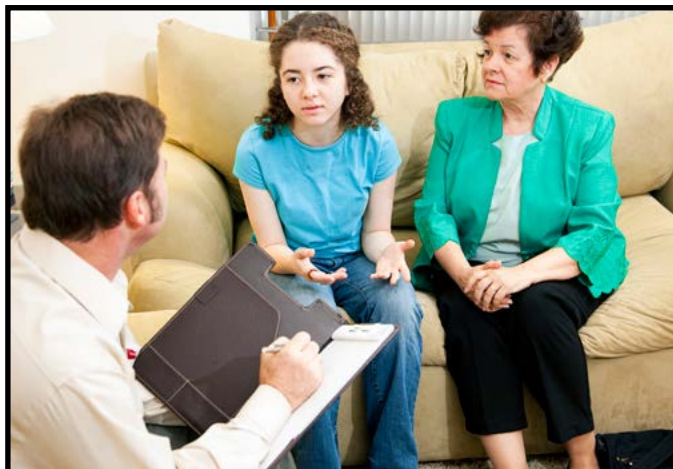
Films are shown in the

Mansion Conservatory, café style.

No registration or tickets required.

Plenty of free, well-lit parking available.

**240-314-8682**



## Free Counseling Services

*Free counseling for  
City of Rockville children,  
youth and families*

- Early intervention and prevention counseling is available to school-age children based on a short-term, 12-session model.
- Individual and family counseling is offered to city residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening.
- Groups will be formed in the following areas, subject to demand: anger management, social skills, transition to middle school, transition to high school and more.
- Sessions take place by appointment at the Community Services Division office or in schools. Parental/guardian participation is strongly encouraged.
- Counseling is provided by a licensed professional counselor or master's-level clinical interns under the supervision of a professional counselor.

For more information or to determine eligibility or for referral services, please contact the Community Services Division at 240-314-8310.

*The City of Rockville is a certified Youth Services Bureau.*

**240-314-8310**

[www.rockvillemd.gov/communityservices](http://www.rockvillemd.gov/communityservices)



## F. Scott Fitzgerald Theatre

Rockville Civic Center Park  
240-314-8690

603 Edmonston Drive, Rockville, MD 20851  
[www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre)

### Great Performances in the Neighborhood

#### **Rockville Concert Band presents Medieval Times**

Sunday, March 11 at 3 p.m.  
No tickets required; \$5 suggested donation.

#### **Rockville Civic Ballet presents "Sleeping Beauty"**

Saturday, March 17 at 7:30 p.m.  
Sunday, March 18 at 2 p.m.  
Tickets: Adults \$17; Seniors 60 and older and  
Children 12 and under \$13.

#### **Rockville Concert Band presents Music For All Ages: The Wonderful World of Disney**

Sunday, April 15 at 3 p.m.  
No tickets required; \$5 suggested donation.

#### **Rockville Little Theatre presents "Radium Girls"**

Celebrate RLT's 70th anniversary season!  
April 27 & 28, May 4 & 5 at 8 p.m.  
April 29 & May 6 at 2 p.m.  
Tickets: Adults \$22 / Seniors 62 and older and  
Students \$20.

#### **Rockville Chorus presents A Spring Concert of Songs Composed by Women**

Sunday, May 20 at 7:30 p.m.  
No tickets required; refreshments to follow  
show.

#### **Washington Balalaika Society**

Saturday, June 2 at 8 p.m.  
Tickets: Adults \$25  
Seniors \$20, Students \$15  
Children under 2 are free.

#### **The Victorian Lyric Opera Company presents "Patience"**

June 8\*, 9, 15 & 16 at 8 p.m.  
June 10\*\* & 17 at 2 p.m.  
Tickets: Adults \$28  
Seniors (65+) \$24/Students \$20  
\*Opening Night Special Ticket Price: \$14  
\*\*Pre-show backstage tour and  
post-show Q&A.

#### **Rockville Brass Band, Inc**

Saturday, June 23 at 3 p.m.  
For ticket information call 240-314-8690

**Ticketing Made Easy!** You can purchase all of your  
tickets online by visiting us at [www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre)

Box Office is open Tues.-Sat., 2-7 p.m.  
and two hours prior to ticketed shows.

## Financial Assistance Rockville Youth Recreation Fund

### Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

## Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

## New Online Registration System

CivicRec powered by Rec1 our new online registration system, will allow you to easily create an account, search, register and pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone.

**CIVICREC**  
Powered by 

## Donate to the People-Helping-People



### Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration)

#### Online Donation Course #s

\$25 – #2232

\$50 – #2233

\$75 – #2234

\$100 – #2235

\$250 – #2236

- Click on Log in or Create account
- Enter your desired donation course number above

**Donations by check may be made out in any amount to Rockville Recreation Fund**

Mail to: Rockville Department of Recreation and Parks  
Rockville Youth Recreation Fund Donation  
111 Maryland Ave., Rockville, MD 20850



# Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
  - F. Scott Fitzgerald Theatre • Social Hall
  - Glenview Mansion
  - Croydon Creek Nature Center
  - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**  
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,  
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**  
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**  
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor  
Councilmembers  
Beryl L. Feinberg, Virginia D. Onley,  
Julie Palakovich Carr, Mark Pierzchala

Rob DiSpirito, City Manager  
Tim Chesnutt, Director of Recreation and Parks  
Chris Henry, Deputy Director of Recreation and Parks  
Andy Lett, Superintendent of Recreation  
Steve Mader, Superintendent of Parks and Facilities

## Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

## Help Send A Kid to Camp!



## Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the city's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street  
Rockville, MD 20850  
[www.rrpfi.org](http://www.rrpfi.org)  
240-314-8867

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

This gift in in honor/memory of: \_\_\_\_\_





## Inclement Weather Policy

[www.rockvillemd.gov/weather](http://www.rockvillemd.gov/weather)

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

### Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

### Swim and Fitness Center

Students can check the Swim and Fitness Center website at [rockvillemd.gov/swimcenter](http://rockvillemd.gov/swimcenter) and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

## City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015, Mayor and Council agenda at [www.rockvillemd.gov/AgendaCenter](http://www.rockvillemd.gov/AgendaCenter)

## Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center .....	240-314-8770
Directions Line:	
Civic Center .....	240-314-5004
Senior Center .....	240-314-5019
Swim Center .....	240-314-5010
Lincoln Park Community Center .....	240-314-8780
Parks and Facilities Maintenance .....	240-314-8700
Park and Picnic Rentals .....	240-314-8660
Recreation and Parks Administration .....	240-314-8600
RedGate Golf Course .....	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery .....	240-314-8682
Glenview Mansion .....	240-314-8660
F. Scott Fitzgerald Theatre Box Office ..	240-314-8690
Rockville Swim and Fitness Center .....	240-314-8750
Rockville Senior Center .....	240-314-8800
Special Events Line (Info. Line) .....	240-314-5022
Sports Line (Info. Line) .....	240-314-5055
Thomas Farm Community Center .....	240-314-8840
Twinbrook Community Rec. Center .....	240-314-8830
TTY (City Hall) .....	240-314-8137

## We are now accepting medical assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.



## Registration Begins:

- **Tuesday, Feb. 27** for all swim center and senior center members, **Thursday, March 1** for general and nonmembers 8:30 a.m. by mail, fax, walk-in and online.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

## Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

**Most convenient method.  
7 days a week.**

### 1. Online:

- [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
click on Registration under  
"Quick Links"

### 2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

### 3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks  
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center  
355 Martins Lane 20850
- Rockville Senior Center  
1150 Carnation Drive 20850
- Croydon Creek Nature Center  
852 Avery Road 20851
- Lincoln Park Community Center  
357 Frederick Avenue 20850
- Thomas Farm Community Center  
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center  
12920 Twinbrook Parkway 20851

### 4. Walk-In:

- All locations listed above accept walk-ins.  
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone  
for quick access to  
our website.

# 2018 Registration Form | Formulario de inscripción

## \*Required Info | Info Requerida

☐ Check here if this is a new address, phone number or email address.  
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
----------------	--------------------------	-------------------

Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees* Costo*

Rec Fund | Fondo de rec.: \$ \_\_\_\_\_ Sr. Ctr. Mem | Centro de Ancianos: \$ \_\_\_\_\_ Multi-Course Discount | Descuento por asistencia a varios cursos : \$ \_\_\_\_\_  
\$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ \_\_\_\_\_

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
---------------	-----------------	----------------	--------------------------------------

**Program Modifications:** Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____		City   Ciudad	State   Estado Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

## Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_

Main Line | Línea principal: 240-314-8620 • [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation) • Fax: 240-314-8659

City of Rockville • 111 Maryland Ave., Rockville, MD 20850

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation) | Page 59



City of Rockville  
111 Maryland Avenue  
Rockville, Maryland 20850-2364

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HOSTED BY CITY OF ROCKVILLE  
MAYOR AND COUNCIL



# HTH

HOMETOWN HOLIDAYS  
• MEMORIAL DAY WEEKEND •

2018

30th Annual

# MUSIC FEST

IN ROCKVILLE TOWN CENTER

# Save the Date:

SATURDAY MAY 26  
SUNDAY MAY 27  
& MONDAY MAY 28

240-314-8620  
[WWW.ROCKVILLEMD.GOV/HTH](http://WWW.ROCKVILLEMD.GOV/HTH)



City of  
**Rockville**  
Get Into It